

[file name]:

05 of 05 - Wind - Feng - Talk – Lester
Levenson - Lester Levenson Six
Steps – Lester Levenson – TSM –
Lester Levenson Original Release
Method – Lester Levenson Original
1992 Sedona Method Release
Technique (Wind Feng).pdf

Wind (Feng) on Six Steps (One of 6 documents, this is
English translation of the document named “Wind’s talk on
Lester Levenson Six Steps and Lester Levenson Original
Release Method (The Original 1992 Sedona Method) ” – from
documents 00 to 05 in the Google Drive)

Version 1.0 – Wind (Feng)’s chat logs in
WeChat Weixin Groups “Shortcuts to Freedom” and “TSM The
Original Sedona Method Release Liberation Diamond Island”

Document Creation date: 14 Feb 2026

“ Simply release your feelings, your mind quiets, and you’re there.”
– Lester Levenson (1909-1994)

Source (Github):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

People or authors mentioned in this document include:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (1909-1994)

Lester Levenson (The Sedona Method / The Sedona Release Method Technique)

The Original 1992 Sedona Method by Lester Levenson

The Sedona Method Release Liberation Technique

Wind (Feng) on Six Steps of Lester Levenson

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (student of Lester Levenson , author of the book 'The Sedona Method' , featured in 1992 Original Sedona Method 8 videos)

Nikki Warriner (featured in 1992 Original Sedona Method 8 videos)

Larry Crane (Lawrence Crane) / Lawrence Crane (1935-2018) (student of Lester Levenson, author of the book 'Abundance Book' and The Release Technique)

Stephen Seretan (author of the book "Lester Levenson and me")

Virginia Lloyd (author of the book "Choose Freedom" , a book about Lester Levenson)

Ralph Zeitlin (student of Lester Levenson)

Mike Klein (student of Lester Levenson)

Rick Solomon (student of Lester Levenson)

David Hawkins MD PhD (student of Lester Levenson , and author of the book 'Letting go: pathway of surrender')

Ramana Maharshi

Buddha

Yogananda

Jesus

PS. This document was translated from Chinese to English, with the assistance of DeepSeek in February 2026.

Background Information for spiritual seekers (and finders) :

Lester Levenson experienced a profound inner awakening in 1952 after a severe heart condition (coronary thrombosis) left him facing death; withdrawing to contemplate the cause of suffering, he discovered that his misery came not from circumstances but from his own suppressed feelings (emotions) and mental resistance. By systematically letting go of fear, desire, and attachment, he reported entering a state of deep peace, love, and freedom that did not depend on external conditions. This realization—that happiness is one's natural state and can be uncovered by releasing inner subconscious feelings —became the foundation of what later evolved into the Sedona Method (Release Technique).

Seen through the lens of Ramana Maharshi and Eckhart Tolle (Power of Now book), Lester Levenson's awakening can be understood as a collapse of egoic identification under the pressure of imminent death, followed by a direct abidance as pure awareness. Instead of seeking salvation externally, he turned inward and discovered that suffering arose from attachment to feelings, thoughts, desires, and fears; when these were relinquished, what remained was causeless peace and love. In Ramana's terms, the false "I"-thought subsided into the Self; in Tolle's language, psychological time and resistance dissolved into Presence. Lester Levenson's later teaching of "releasing" can thus be viewed as a pragmatic pathway to the same realization: that one's true nature is prior to thoughts and feelings, free of grasping, and inherently whole.

In China and in the Chinese speaking community (China ,Taiwan, Hongkong, Singapore, Malaysia), and there is this person with the ID "Wind" (Feng) (风) / 風 in Chinese), a well-known figure in China's spiritual seekers community, who claimed to have been thrown into "spiritual enlightenment" (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind (Feng 风) / 風 in Chinese) focus was on the recordings of Lester Levenson's talks and the 1992 Sedona Method version of the course designed by Lester Levenson himself and led by Hale Dwoskin and Nikki Warriner . (8 videos of the 1992 course recordings are freely available on YouTube and bilibili).

Later on, the instructors after Lester Levenson who were his students , modified, added or subtracted some parts of it. The focus in those materials somehow shifted from achieving

freedom to having a happy comfortable life, which itself is awesome, but I wonder if we're leaving what's more out there , from Lester Levenson's original teaching.

The documents from 00 to 05 are the PDFs of chat logs of Wind (Feng) answering questions from other spiritual seekers.

Wind (Feng / 风 or 風 in Chinese) , a well-known pseudonymous student of Lester Levenson's Six Steps and The Sedona Method Release Technique - Letting Go) in China , rose to prominence among Chinese spiritual seekers community in 2021 , for sharing Chinese translations of Lester Levenson's audios, his direct awakening experience , and for emphasizing and popularizing the pure simplicity of " Simply Releasing 24/7 and applying the Lester Levenson Six Steps 24/7" .

Wind (Feng / 风 or 風 in Chinese) , is a dedicated practitioner and teacher of Lester Levenson's Six Steps (The Original 1992 Release Method – Sedona Method) who emphasizes the profound simplicity and effectiveness of the Six Steps as the complete map to Freedom, having deeply studied Lester Levenson's 1992 Original Sedona Method Course materials and audio recordings. Through his extensive experience, Wind asserts that "you don't need anything beyond the six steps" to achieve true freedom, consistently teaching that the Six Steps - from wanting freedom more than the world to experiencing increasing joy with each release - form a self-contained, powerful system that requires no additional techniques or modifications. Wind's teaching centers on the purity of Lester Levenson's original method, particularly as presented in the 1992 Original Sedona Release Method course, where he identifies the three fundamental desires (approval, control, and security) as the root of all emotional suffering, and emphasizes that continuous release of these desires, rather than merely releasing surface emotions, is the key to rapid liberation - a process he (and Lester Levenson) claims can take "only a few months" when practiced with complete fidelity to Lester Levenson's instructions.

As of February 2026, Lester Levenson, Hale Dwoskin, Larry Crane (Lawrence Crane) (Lawrence Crane), The Sedona Method, and The Release Technique, are more popular in China , than the rest of the world combined, since it is free, requires no belief systems, and no external guru or teacher. Virtually, all Lester Levenson's books, talks, videos (in English), have been translated into Chinese .

The Original 1992 Sedona Method Videos (8 videos), featuring Sedona Method instructors **Hale Dwoskin** and **Nikki Warriner**, have been viewed millions of times in China's YouTube (bilibili), while in YouTube the same video has less than 100,000 views.

Wind (Feng)'s chat logs PDF documents are freely available for download in Internet Archive, and contain essential pointers for true seekers, to start their journey to "Lester Levenson Six Steps and TSM (The Original 1992 Sedona Method)" .

Wind (Feng) said in the chat logs document:

"All the spiritual masters point to the same Reality , and Releasing via Six Steps, in my experience, is the most effective practice to get there (Freedom, Beingness, Reality) . Absolute security is only found in your true inner self (Infinite Beingness). "

Lester Levenson has a better summary: "The Sedona Release Method is simple, the method is also easy. Let the feelings come up, [recognize the deeper ego's intention] they are a desire for approval or control, and then let them out. Carrying out the six steps of this method, will take a few months to empty out all your garbage."

Lester Levenson's quotes:

" Feelings Are Suppressed Energy Under Pressure. Allow them to be and decide to release them, up and out."

" Even more simply, release the feelings as soon as you notice them. "

" Allowing feelings to surface , float up and out , and decide to release / let go of them instantly . "

"Releasing is simply allowing the suppressed feelings to come up and go out—without resistance, without effort, without identification. It's not thinking it away; it's feeling it and letting it float away. When you do this consistently—especially from a high state—you dismantle the entire structure of ego, and what remains is your infinite beingness. "

“You hear that word allow? That's just the way it happens. Instead of holding it down or toying with it, you allow it up and out.”

"There is so much of it -- releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the Six Steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on."

"The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out."

"Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval."

"The feelings comes up in waves, goes out. The waves stop and then you're finished."

3 core wantings described in The Original 1992 Sedona Method:

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
Wanting Approval or Disapproval	feeling of not being worthy or good enough , fear of others' disapproval , intense neediness	Wanting love / acceptance/ admiration / caring/to be noticed/to be understood/to be stroked/to be nurtured/to be liked/to be	Wanting to be disliked/rejected/be looked down on/ to hide/to be misunderstood/to rebel/to be ignored

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
		recognized/to be popular/	
Wanting Control or to be Controlled	Feels rigid, controlling, hard-edged and pushy --- Be controlled -- Feels like wanting to be taken care of .	Wanting to change/understand/ manipulate/push/fix/f orce something/to have it our way/to be right/to be on top/ to make it happen/to coerce	Wanting to change/be changed/to be confused/to be manipulated/ to be fixed/to be forced/to follow/to be the underdog/to blame/to be the victim
Wanting Security / Safety / survival or fear of death	Feels threatened and unsafe -- Survival -- Feels like wanting to give up, rejecting life .	Wanting safety/to survive/to get revenge/to protect ourselves and others/to attack/to defend/to kill/to be safe	Wanting danger to end it all/to expose ourselves and others/to be attacked/to be defenseless/to be killed/to be annihilated/ to be threatened

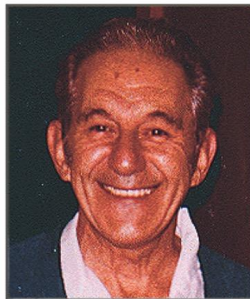
===== Page 1 =====

Wind's talk on Lester Levenson Six Steps

Chat Log 5

2021.01~04 2021.07.26 Dasin Day

Thank you to Mr. Lester Levenson .



Lester Levenson
1909-1994

Gratitude and dedication to Mr. Lester Levenson, the Founder of The Sedona Method

(19 July 1909 — 18 January 1994)

As long as you want help, I will never leave you.

Now the "real me" sees you as the "real you". When I'm not here, not with you in this physical body, it is the real me helping you.

Anytime you ask for the real me, you will find the real me right there. What happens is *you raise yourself up* so that you can get the answers yourself. You must get them.

——Lester Levenson (1909-1994)

The golden key is the **"Six Steps" Lester Levenson** summarized as follows:

1. You must want freedom more than you want the world.
2. Decide that you CAN do the method (Release) and be imperturbable.

3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.
4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.
5. If you are stuck, let go of wanting to control the stuckness.
6. Each time you use the method, you are lighter and happier. If you do this continually, you will continually be lighter and happier. Go back to Step 1.

===== Page 3 =====

Release Method Journal Entries - January 2021

January 1, 2021

Release the compulsion and drive in the subconscious, pour them out 1

Don't fool yourself 1

January 2, 2021

Allow it to surface, allow it to leave. No need to look outward 2

Wind and Tiancheng – Therefore helping others is actually helping yourself 3

Wind and Tiancheng – Every time you tell yourself you've decided on freedom, you still stop, right? 6

Practicality, this is very important 7

Release the most superficial 8

Implementing the Six Steps leads to the goal 11

Uncomfortable and comfortable feelings, both are just feelings 12

Wind and Tiancheng – Every time you tell yourself you've decided on freedom, you still stop, right? 13

Lester Levenson is also special among masters 13

Wind and Tiancheng – For goals you don't truly want, you have no motivation; one function of a goal is to give you motivation to release 14

Wind's releasing experience 15

Implement the Six Steps 16

When you can't perceive it, go look at your wanting to figure it out 16

Wanting freedom, set freedom within three months 17

January 3, 2021

In the state of automatic releasing, it takes no effort at all 17

Breakthrough Duo 18

Once identified, it's released 21

Chat log between Wind and Roller 22

The more you set aside understanding and simply practice, the easier it is to learn 23

January 4, 2021

"Nirbikalpa" Samadhi is actually the complete achievement of the first step of the Six Steps 25

There's no way to bypass the surface feeling to release what's underneath 26

The key to releasing a desire lies in identifying it and letting it go 26

Suppress deeply enough, accumulate enough feelings 27

Enter the forest alone 27

Only study Lester Levenson, don't set up authorities or idols, no need to argue with others 28

Study the Six Steps carefully 28

The fear of death, expressed in the body, becomes pain 29

January 5, 2021

Wanting drives surface feelings 29

Once you release the feeling, you won't have thoughts compelled by it 30

What is the meaning of music? 34

Wind elaborates on the Six Steps 38

===== Page 4 =====

Release Method Journal Entries - January-March 2021

January 5, 2021

Is releasing while watching dramas feasible? 39

January 7, 2021

If you are disturbed, it only means you want to be disturbed 39

January 9, 2021

Complete Release – Feeling that you fully possess it, the mind no longer revolves around it 40

January 9-20, 2021

If you're not releasing, you're suppressing 40

January 10, 2021

Go and do it 41

January 11, 2021

Keep it simple and easy; repeated practice will help you master it 42

Don't grope around, just use the Process directly; if it doesn't work the first time, do it a second time 43

The graduate student way is to only release the stuckness that's there in the moment 44

It is not recommended that people summarize their experiences into methods 48

All you need to complete the journey are the Six Steps 52

The Release Method works on the feeling level 56

January 12, 2021

Practicing the Release Method requires no additional operations 62

January 13, 2021

The Release Method suits everyone, practice simply, and then you'll get it 63

January 17, 2021

Wind and Tiancheng – When you are in cap, it means you still have corresponding negative emotions deep down... 64

February 3, 2021

Releasing while playing Mahjong 68

Before completely releasing the mind, there will be a preview of infinite existence 69

February 4, 2021

The Sixth Step includes not only happiness, I want to express that there is also greater ease and freedom from limitations 70

February 22, 2021

Release well this one time, no need for any forcing 71

February 28, 2021

Seeing a good method, the first reaction is to teach, share, develop courses; it's all futile work 73

March 11, 2021

Kriyananda, is he free? 73

"Wind" is already a Jivanmukta 74

Wind and Tiancheng – The reason you don't release is because you're afraid of losing your feelings, afraid you'll die, but actually you won't 75

When you avoid looking inward, you will engage in busywork 76

Wind and Tiancheng – If you don't release that tendency, you will go share again 78

Fake masters profit through pretense, needing to dull their awareness 78

Wind and Tiancheng – Hiccups are just physical sensations, they are a result 82

Wind and Tiancheng – Will you lose your family after freedom? 83

March 12, 2021

If stuck, release wanting control, don't try hard to solve the stuckness 84

March 13, 2021

Wind and Tiancheng – About Lester Levenson 85

Wind and Tiancheng – Masters have no gender 88

March 14, 2021

Wind and Tiancheng – Awakening must involve an active decision 89

Wind and Tiancheng – How does karma operate? 91

Wind and Tiancheng – What was "Wind's" retreat about? 94

March 15, 2021

Wind and Tiancheng – As long as you want freedom, nothing can stop you 97

Wind and Tiancheng – "Everything is consciousness" 100

===== Page 5 =====

Release Method Journal Entries - March-July 2021

March 15, 2021

Busywork 102

March 16, 2021

As long as you release continuously, you don't need to keep staring at the goal, just implement the Six Steps. 102

Wind and Tiancheng – When all external escape routes are shattered, you will be forced inward. 102

March 17, 2021

The meaning of 隐居 (living in seclusion) is to not be known as a master. 107

Succeeded in worldly matters without knowing the Release Method. 109

If someone pretends to be a master, what needs to happen internally? 110

April 21, 2021

The main point to watch is a "wanting to figure it out" and a "wanting to do something" 110

July 26, 2021

Dasin Day Return. 111

14:53:44 Suggest starting over completely. 111

Release continuously. 111

Tiancheng also needs to relearn the '92 version of the Release Method. 112

Use releasing to eliminate attachment to goals. 113

All knowledge is limitation, all knowledge is to be released. 116

Releasing is the only thing that cannot be forced upon you by someone with a whip. 116

When the string is too tight, you need to loosen it. When the string is too loose, you need to tighten it. 117

Emotions are a way to locate yourself; wants are your intentions. 118

Releasing is not about having a deity next to you counting. 121

The issue of survival programs. 122

All physical experiences are not releasing itself. 122

Regarding goals, you need to release until it is completely yours. 122

When reaching cap, you are more capable of facing the fear of death. 123

What is the key to releasing illness? 123

Freedom is not about creating something, it's just ending an illusion. 125

Lester Levenson supports everyone who uses the Release Method. 125

When you release the mind, you will, like the metaphor, suddenly see "the back of the comb". 126

Information is not important, what's important is the path. 127

Continuous releasing is necessary, it's one of the Six Steps. 128

When you allow deeper garbage to come out, your emotions will go down. 129

Process: Let the feeling come up, categorize it as wanting control or wanting approval, let it out. 129

The questions are tools. 130

Only return on Dasin Day. 131

Follow your inner feeling. 133

The real feeling of the fear of death always surfaces suddenly, without preparation. 133

When you directly feel the want, you don't need to go back to feel the emotion. 133

Proceed according to your inner feeling. 134

Wants are also feelings. 134

===== Page 6 =====

2021-07-26 Your only guru is yourself 135 Q&A 136

===== Page 7 =====

2021-01-01 Release the compulsion and drive in the subconscious, pour them out

Xiao Li † 2021-01-01 07:07:32 "We very carefully allow it to surface, and let go of control, releasing the compulsion and drive in the subconscious, pouring them out."

Yong En 2021-01-01 07:07:42 Where did you see this?

Xiao Li 2021-01-01 07:07:50 *About Releasing (1) – Audio from Lester Levenson's early days creating the Release Method with students*

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MtC0MA=&mid=2660690236&idx=1&sn=0b3d226d2c741f7dee6a8da8c6601760&chksm=8c291f0fb5be9619fa63578916c54c83d0abac51e5aebb822777c1d3bb2abf454b5fbd444ef&mpshare=1&scene=1&srcid=01011yxdQdaZrxJHNT0SQjBX&shaer_shaetime=1609456373574&shaer_shareid=930c64e9408232ff8f518779ffaf819a#rd This one

"Wind" Introduces the Original Release Method from Beginning to End: Finally Started Continuous Releasing on the Path to Freedom

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MtC0MA=&mid=513206482&idx=1&sn=7ac2291ac9ac3eb58377245026669d9a&chksm=0c291ee13b5e97f741fcaa940046e71cf43628218b30a3de6c70ad04498a350445278fd2673f&mpshare=1&scene=1&srcid=1215Jodq9VcKwW8ePyDbzmAM&shaer_shaetime=1609084044633&shaer_shareid=930c64e9408232ff8f518779ffaf819a#rd

Original Release Method Course

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MtC0MA=&mid=513206462&idx=1&sn=821f1534c0460a850fef2897adbfc590&chksm=0c291e8d3b5e979b601b1841dfcb1dca54652cb940fa21e0662d4c1ca24073e685c07a34bedd&mpshare=1&scene=1&srcid=12295LpdVQ79gLPF3qNecca4&shaer_shaetime=1609193411604&shaer_shareid=930c64e9408232ff8f518779ffaf819a#rd

Xiao Li 2021-01-01 07:10:24 No feeling, stuck. After reading these two... I initially spent two days reading from start to finish. Oh, I directly read the text. I only clicked on one or two videos, mainly watched how people actually operated the releasing process and focused on the feeling surfacing between the chest and abdomen, specifically watched the video to see exactly where between the chest and abdomen is.

2021-01-01 Don't fool yourself

Wind 2021-01-01 11:30:12 If you have confirmed the method works, don't fool yourself.

===== Page 8 =====

2021-01-02 Allow it to surface, allow it to leave. No need to look outward

Xiao Li 2021-01-02 00:25:21 Entered a state where releasing is as natural as breathing.

[Jue] Kong [Ming] 2021-01-02 00:25:36 Really, with the first of the six steps, I started burping... it's like they themselves want to rush out together... feels much lighter.

Xiao Li 2021-01-02 00:31:14 And it only took a week.

COCO 2021-01-02 00:31:52 @Xiao Li Is that you? Have you already entered?

Xiao Li 2021-01-02 00:32:00 No, I'm in the process of *automatic releasing*.

[Jue] Kong [Ming] 2021-01-02 00:33:16 What does *automatic releasing* feel like? @Xiao Li

Xiao Li 2021-01-02 00:34:19 Hard to describe this state. When you guys ask me questions, I'm responding automatically.

[Jue] Kong [Ming] 2021-01-02 00:36:21 This is my first time feeling so much useless energy being released.

Xiao Li 2021-01-02 00:36:29 No thinking.

[Jue] Kong [Ming] 2021-01-02 00:36:35 This is you, the unity of knowledge and action, huh?

Xiao Li 2021-01-02 00:37:42 Keep it up, you can do it too.

[Jue] Kong [Ming] 2021-01-02 00:37:50 Thank you @Xiaoli I'll start working hard from now on.

Huan Le Song 2021-01-02 00:39:01 Is it okay to release while lying in bed before sleeping?
Xiao Li Often can't sleep.

[Jue] Kong [Ming] 2021-01-02 00:43:15 Just now, when I was asking my heart, I asked what hinders my communication with you, it told me it's fear, helplessness, despair. So, I released them a bit, dealt with them all, feels comfortably... like hungry but now comfortable? Much better.

Xiao Li 2021-01-02 04:52:10 It's okay. For me, initially I sat to release, when my body got tired, I leaned back. When leaning was uncomfortable, I lay down. The first time I touched the fear of death, I was lying down releasing.

===== Page 9 =====

A bit like you're sitting and watching it, watching it continuously. - Lester Levenson

When you decide you want freedom more than anything else, you can do it in a matter of months. You don't even have to know how to do it, and you've arrived. No more feelings, the mind becomes quiet, that's it. - Lester Levenson

Xiao Li 2021-01-02 05:42:20 *The reason you can't get out of trouble quickly is that you're releasing just to feel better. This will cause you to stop after achieving the goal, whereas if you release for freedom, you won't stop. You will cherish every opportunity you get for freedom. Every down for you is a perfect opportunity. Every down is a perfect opportunity to release and go up. - Lester Levenson*

Xiao Li 2021-01-02 05:43:44 *In that movie being projected, good and bad are exactly the same. It's a projection! That's what you have to understand. What difference does black or white, good or bad, hot or cold make? - Lester Levenson*

Xiao Li 2021-01-02 05:50:10 When you are in Apathy on the *Emotion Chart*, allow yourself to have all the feelings on the chart, they are neither good nor bad, right nor wrong. Only then can you release these emotions, allow them to surface, allow them to leave. No need to look outward, what you need will be given to you.

2021-01-02 Wind and Tiancheng – Therefore helping others is actually helping yourself

Wind 2021-01-02 07:17:46

===== Page 10 =====

07:17:49 100%7:16 True Love and Wind Wind (Wind) 23:12:38 This is not this individual's duty. Wind 13:02 There will be an *Avatar* to assume the image of the public teacher. True Love 23:13:38 Will you also directly merge into the Infinite like Lester Levenson? Wind (Wind) 23:14:19 I will. True Love 23:15:46 Why not become a master who saves all beings, like Buddha and Jesus? Wind (Wind) 23:16:10 This is what your current sense of self says. Wind (Wind) 23:16:22 When you eliminate the sense of self, you will see the complete plan. Tiancheng 2021-01-02 07:18:00 You will directly merge into the Infinite. Wind 2021-01-02 08:21:43 I will merge into the Infinite in this lifetime. Tiancheng 2021-01-02 08:42:59 According to Yogananda, helping six people reach *Jivanmukta* is required to become a *Siddha*. Wind 2021-01-02 08:43:56 Already completed in past lives. Tiancheng 2021-01-02 08:44:03 (o) Wow Were you already a *Jivanmukta* in past lives? Wind 2021-01-02 08:44:39

===== Page 11 =====

No.

Tiancheng 2021-01-02 08:45:03 You weren't free in past lives.

Wind 2021-01-02 08:45:04 I have helped others achieve liberation.

Tiancheng 2021-01-02 08:45:14 How can you help others become free?

Wind 2021-01-02 08:45:28 No one becomes free relying on another's help. Therefore, helping others is actually helping yourself.

Tiancheng 2021-01-02 08:45:57 Okay.

Wind 2021-01-02 08:46:08 For example, the woman who offered Buddha that bowl of porridge.

Wind 2021-01-02 08:46:29 She also became liberated. For example, the guy in the chat group who translated *The Ultimate Freedom Path* has already achieved one. That is me.

Tiancheng 2021-01-02 08:47:18 Oh, I see. That means even if I'm not free yet, if I provide correct information that helps others become free, then it counts as my contribution.

Wind 2021-01-02 08:48:16 Yes, it counts as you helping others.

Tiancheng 2021-01-02 08:48:26 Okay.

Wind 2021-01-02 08:48:32 You have provided guidance on their path to liberation.

Tiancheng 2021-01-02 08:49:03 So helping others is always right?

Wind 2021-01-02 08:49:25 Not necessarily.

Tiancheng 2021-01-02 08:49:42 Is it about whether it's motivated by the ego?

Wind 2021-01-02 08:49:42 You must first reach it yourself, otherwise you don't have the wisdom of discernment, you don't know if you are actually helping others.

Tiancheng 2021-01-02 08:51:11

===== Page 12 =====

Okay. Will you directly merge into the Infinite after entering *Samadhi*?

Wind 2021-01-02 08:52:46 No. I will merge into the Infinite in this lifetime.

Tiancheng 2021-01-02 08:52:57 Okay. I understand. Admiration and prostration.

2021-01-02 Wind and Tiancheng – Every time you tell yourself you've decided on freedom, you still stop, right?

Tiancheng 2021-01-02 09:04:43 Could I possibly achieve freedom within two months?

Wind 2021-01-02 09:05:15 Haha Do you have the answer?

Tiancheng 2021-01-02 09:05:20 Stuck as hell right now. Of course I can. I came to you to find confidence.

Wind 2021-01-02 11:14:18 [Chat log with Liao Liao] [Wind: Value the goal. Wind: Theoretically, you can directly aim for freedom. Wind: But I know that most people who claim they want freedom are actually suppressing their desire for the world...]

Wind 2021-01-02 11:14:32 This discussion might be helpful for you.

Tiancheng 2021-01-02 11:16:27 It is indeed helpful. Thank you.

Wind 2021-01-02 11:21:44 [Chat log with Liao Liao] [Roller: I now persist in the principle of getting everything I want solely through releasing. Roller: Improving my inner strength. Roller: Mm-hmm yeah...]

Wind 2021-01-02 11:22:11

===== Page 13 =====

Every time you tell yourself you've decided on freedom, you still stop, right?

Tiancheng 2021-01-02 11:22:21 Yes, so I feel quite frustrated. I need to use the fourth teaching.

Wind 2021-01-02 11:24:29 Because you still want many things from the world, so get each one through releasing.

Tiancheng 2021-01-02 11:25:04 Yes. OK.

2021-01-02 Practicality, this is very important

Wind 2021-01-02 11:00:42 Value the goal. Theoretically, you can directly aim for freedom. But I know that most people who claim they want freedom are actually suppressing their desire for the world. Why does Lester Levenson like the fourth guidance the most? Because it's the most meaningful for people. It has the most *practicality*.

Bethlehem Star 2021-01-02 11:03:07 Are you directly aiming for freedom?

Wind 2021-01-02 11:04:06 I am, but I also use that teaching. I wrote down everything I want.

Bethlehem Star 2021-01-02 11:04:34 I also use it in combination.

Wind 2021-01-02 11:05:19 The previous guidances often lose practicality and become mere theory.

Roller 2021-01-02 11:05:33 I'll get everything I want first.

Bethlehem Star 2021-01-02 11:05:48 Becoming a successful person is still necessary.

Roller 2021-01-02 11:06:07 I'm using the previous guidances too.

Wind 2021-01-02 11:06:18 Currently, among those I've seen who claim they want freedom more than the world, it's all become mere theory.

Roller 2021-01-02 11:06:27 Obtaining all joy from within, facing the fear of death directly. I'm using all of them.

Wind 2021-01-02 11:11:52

===== Page 14 =====

So, what do you need to do? I summarized it in the four-day course before. First, you need to want freedom more than the world. Following that, you should obtain all joy from yourself, through releasing, from within you. That's Course 1. Course 2 is: You must make the *decision* for freedom, and then you do it. However, if you make the decision for freedom, you will do it. It's very simple. If you are not free, then you haven't made the decision for freedom. Because once you make that decision, everything you do afterwards will be towards freedom. The most fundamental is to release continuously. The third course is to directly face the fear of death and release it. Release the fear of death directly. As you know, underneath approval and control is the fear of death. So, get rid of this underlying driver, and you're done. The fourth is, from now on, get everything you want through releasing. I guess this is the most practical of the four. How successful are you? Most of the time, are you still acting from the ego's perspective? Remember, when we do things through releasing, it's effortless. If you put in effort, that's ego-driven.

Wind 2021-01-02 11:12:09 *Practicality*, this is very important. Why does Lester Levenson say the fourth is the most practical? Because you often can't use the previous ones effectively.

Roller 2021-01-02 11:13:06 I used the first one for a while. The drive it gave me wasn't as good as the fourth, but the first one already made me grow by leaps and bounds.

2021-01-02 Release the most superficial

Elizabeth Zhang 2021-01-02 09:41:12 Are *wanting control* and *wanting approval* actually feelings?

Wind 2021-01-02 09:41:32 Both are *feelings*. In the Release Method, the word feeling refers to emotional feeling. The various descriptions under the *Emotion Chart* are individual feelings. They are categorized into nine *emotion categories*, referring only to the nine emotional states like Apathy, Grief, Fear, Anger, etc. And two *basic feelings*, namely *wanting control* and *wanting approval*. Releasing these two feelings releases all the emotions above them. And the most basic feeling, *the fear of dying*, which is *wanting to survive*.

About Releasing (1) – Audio from Lester Levenson's early days creating the Release Method with students

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MTc0MA==&mid=2660690236&idx=1&sn=0b3d226d28

===== Page 15 =====

The problem today is that the accumulation, the subconscious programs, are too heavy, too extreme. We're just drowning in them. We need a very efficient method to eliminate them. This is a very efficient method, a very simple method. We have the complete picture, we have the mind and feelings you must operate on. We have a chart. In the chart, you understand our subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings covered by fewer basic feelings we call *emotions*?

How are these emotions covered by two *basic feelings*? We attack them and can eliminate all feelings! It's so basic, therefore extremely efficient. Lester Levenson called them *basic feelings*. The first repressed feeling is *the feeling of the fear of dying*.

The feeling of the fear of dying

The fear of dying is also just a feeling. You have to constantly remind them it's just a feeling. The fear of death is just a feeling. Feelings don't bite you, don't shoot you, don't hit you in the head. It's just a feeling like any other feeling, but the tendency to avoid it is very strong, very habitual, so now you have to work to let it surface and let it leave.

Surface individual feelings, basic feelings (nine emotions), more basic feelings (*wanting control and approval*), No. 1 program (*fear of dying*). After that, the feeling of separation will also emerge, but no need to mention it deliberately. When you completely release the fear of dying, you won't be able to maintain the feeling of separation.

Tiancheng 2021-01-02 09:44:13 And then?

Elizabeth Zhang 2021-01-02 09:44:28 Can I keep asking myself if the current feeling is wanting approval or wanting control, to stir up the underlying feeling and release it?

Wind 2021-01-02 09:44:36 Then you can let in any feeling. Not be operated by feelings. The best way is to release the most superficial, *release the stuckness only*.

feeling 2021-01-02 09:44:49 @Wind Not feeling your feelings means you're stuck, just need to release the wanting to change this stuckness, right?

Wind 2021-01-02 09:44:57 Yes. Seeing the unclear feeling, release the wanting to change the unclear feeling. All answers are in the Six Steps.

Wei Nuan 2021-01-02 09:45:00 Just release what you see in the moment, don't seek, right Teacher Wind? Isn't seeking controlling?

Wind 2021-01-02 09:45:09 No need to seek.

===== Page 16 =====

Lester Levenson's Explanation of the Release Method

http://mp.weixin.qq.com/s?__biz=MzIxMjA5MTc0MA==&mid=2660690257&idx=1&sn=f67cd3b6820169eb5227aeadf07b6f8&chksm=8c291f62bb5e9674f0a66f9cd872dc31661a9f3744cd_b0a328b7c5ef9b869d9e091c6ed57094&mpshare=1&scene=1&srcid=0102bRz33svyX7104vPd5gYr&sharer_sharetime=1609552548140&sharer_shareid=1ca6e0789be857d7e3cb658117ce2da8#rd "You don't need to seek them after feeling them; they are with you 24/7, you are avoiding them 24/7." The word I translated as 'seek', in English it's 'seek'. It can also be translated as 'look for'. You avoid feelings 24/7. No need to look for them.

Wei Nuan 2021-01-02 09:45:15 Teacher Wind, @Wind Should I ignore the effort in my throat, like ignoring thoughts?

Wind 2021-01-02 09:45:26 Relax. In the Release Method, implementing the Six Steps leads to the goal. Not implementing the Six Steps means not reaching the goal. Do, or do not. Like Lester Levenson finally said to Ralph: You either do it, or you don't. I hope you do it. Simple, or impossible.

Qing Xin 2021-01-02 09:45:50 @Wind Teacher, I often can't feel the *want* behind the emotion, what should I do?

Wind 2021-01-02 09:45:58 You want to find the *want*. Notice that this is a *wanting control*, and you'll feel it.

Wei Nuan 2021-01-02 09:46:07 Can you completely ignore thoughts and still perceive what kind of *want* the current feeling comes from? Teacher Wind @Wind

Wind 2021-01-02 09:46:10 Yes, you can.

Qing 2021-01-02 09:46:18 I used to like using my mind to analyze whether it was wanting control or wanting approval, haha, got corrected.

Wind 2021-01-02 09:46:26 Wanting to use the mind to analyze is a *wanting to figure it out* (a form of *wanting control*). Releasing this allows you to quickly, simply, and clearly identify what *want* the emerging feeling is.

Wei Nuan 2021-01-02 09:46:34 Can someone who has been in a state of Apathy for years immediately start with the Six Steps? Do they need to release until they reach a

===== Page 17 =====

higher energy level to have that kind of 执行力 (executive power)?

Wind 2021-01-02 09:46:13 Making one decision is enough.

At 2021-01-02 09:46:25 Wind, I just need to release the surface, no need to touch past feelings. When I release continuously to a certain point and stably reach the level of Courage or Acceptance, those previous agonizing feelings will no longer exist. But I have to complete the whole journey, otherwise I'll be counterattacked by those feelings, right?

Wind 2021-01-02 09:46:39 No.

At 2021-01-02 09:46:44 So how should I understand it?

Wind 2021-01-02 09:46:49 When you release to a high level, you can *dig down*. Those previously suppressed feelings will surface and be released. Use the high level to go deeper. Every suppressed feeling must surface before you can release them.

At 2021-01-02 09:46:58 I thought I could avoid them.

Wind 2021-01-02 09:47:05 Avoiding them keeps them operating in the subconscious. Your deepest feeling is your fear of dying. After releasing enough wanting control and approval, you can directly face it.

2021-01-02 Implementing the Six Steps leads to the goal

Wind 2021-01-02 10:12:52 In the Release Method, implementing the Six Steps leads to the goal. Not implementing the Six Steps means not reaching the goal. Do, or do not. Like Lester Levenson finally said to Ralph: You either do it, or you don't. I hope you do it. Simple, or impossible.

Wei Nuan 2021-01-02 10:13:05 Can someone who has been in a state of Apathy for years immediately start with the Six Steps? Do they need to release until reaching a higher energy level to have that kind of 执行力?

Wind 2021-01-02 10:13:12 Making one decision is enough.

===== Page 18 =====

2021-01-02 Uncomfortable and comfortable feelings, both are just feelings

Yi Mi Lan Ge Men Chuang – Cai Weiyi 2021-01-02 20:30:13 Bothering you, now I want to撤回 (recall) the message but can't.

Xiao Li 2021-01-02 20:30:29 You're not bothering me. Go discover that this is just a feeling that makes you uncomfortable. You are suppressing this uncomfortable feeling, avoiding it. It's just a feeling. Some feelings make you uncomfortable, some make you pleasant.

Uncomfortable and comfortable feelings, both are just feelings

Release them

"Wind" helped me draw out the more basic feelings that were suppressed very deeply. These feelings are too heavy, accumulated for too long, too extreme. The inertia of avoiding these heavy basic feelings is very strong. I decided to face them directly and release them. "Wind" said to finish it in one go.

Going to work earlier. The day before yesterday, I wanted to finish it directly. There was some积压 (backlog) of work not done, but I didn't finish. Yesterday, I... Yesterday at that moment, I was about to put on socks and go to work. At that exact moment, what "Wind" expressed drew out those deeply, deeply suppressed feelings in me. I decided to finish it in one go, so I put everything down and went to release. Focused on releasing single-mindedly every moment, doing nothing else. That's why I didn't reply to messages. Previously, I was in a state of *automatic releasing*. When these accumulated, subconscious, heavier, more extreme programs came out, I couldn't maintain automatic releasing; they were too heavy. It's like this at the beginning. After surfacing, when allowing them to leave, they got stuck. Every time I allowed them to leave, I got stuck. One step, stuck; one step, stuck. Following

what "Wind" said: this is just a feeling like any other feeling. Continuously reminding myself they are just a feeling. Gradually, I could maintain the "cycling" state and let them release automatically. When enough of these basic feelings were released, the feelings underneath them pushed up: the feeling of the fear of death. These feelings coming out made me so weak I couldn't walk smoothly. When I came out to boil water for tea, I picked up my phone to reply to you.

===== Page 19 =====

2021-01-02 Wind and Tiancheng – Every time you tell yourself you've decided on freedom, you still stop, right?

Wind 2021-01-02 11:14:18 [Group chat history] [Wind: Value the goal. Wind: Theoretically, you can directly aim for freedom. Wind: But I know that most people who claim they want freedom are actually suppressing their desire for the world...] Wind 2021-01-02 11:14:32 This discussion might be helpful for you.

Tiancheng 2021-01-02 11:16:27 It is indeed helpful. Thank you.

Wind 2021-01-02 11:21:44 [Group chat history] [Roller: I now persist in the principle of getting everything I want solely through releasing. Roller: Improving my inner strength. Roller: Mm-hmm yeah...] Wind 2021-01-02 11:22:11 Every time you tell yourself you've decided on freedom, you still stop, right?

Tiancheng 2021-01-02 11:22:21 Yes, so I feel quite frustrated. I need to use the fourth teaching.

Wind 2021-01-02 11:24:29 Because you still want many things from the world, so get each one through releasing.

Tiancheng 2021-01-02 11:25:07 OK.

2021-01-02 Lester Levenson is also special among masters

Roller 2021-01-02 11:14:23 I now persist in the principle of getting everything I want solely through releasing. Improving my inner strength. Mm-hmm yeah. Write a hundred, get them all through releasing.

===== Page 20 =====

This is a very good guidance. Bethlehem Star 2021-01-02 11:18:05 No other teacher teaches like this. Roller 2021-01-02 11:18:13 Teacher Lester Levenson's most favorite. Bethlehem Star 2021-01-02 11:18:17 Lester Levenson was the first. Roller 2021-01-02 11:18:23 If you love Lester Levenson, just follow him well. I didn't obey before either. Bethlehem Star 2021-01-02 11:18:38 No one in the public sphere teaches like this either, they don't dare. Wind 2021-01-02 11:20:13 Moreover, Lester Levenson is also special among masters. Other public-oriented teachers consider the audience's接受程度 (level of

acceptance), so they don't teach like this either. Bethlehem Star 2021-01-02 11:20:39 Lester Levenson is the bait. Roller 2021-01-02 11:20:53 I love Lester Levenson, haha, yes.

One function of a goal is to give you motivation to release

Wind 2021-01-02 11:38:52 Dare to think big. Tiancheng 2021-01-02 11:39:07 Can it also be to become a billionaire?

Wind 2021-01-02 11:39:13 Of course. A couple of days ago, Roller also felt he didn't want goals, until I told him to go to the world's top Eastman School of Music, find a blonde girl, and experience his favorite romantic life. He immediately got excited. So dare to think big. Many people think they don't want the world simply because they don't dare to think, they suppress it. They think it's impossible, so they don't want the world. This isn't truly wanting freedom.

===== Page 21 =====

Tiancheng 2021-01-02 11:41:31 I discovered that I suppressed it, thinking it was impossible and didn't dare to do it.

Wind 2021-01-02 11:42:56 *Dare think big*, Lester Levenson said. Dare to think big.

Tiancheng 2021-01-02 11:43:27 But currently, I haven't even achieved a single small goal. In this situation, can I directly think big?

Wind 2021-01-02 11:43:53 For goals you don't truly want, you have no motivation. One function of a goal is to give you motivation to release. After Roller found this goal that excited him, his releasing accelerated.

Tiancheng 2021-01-02 11:44:29 So the key is to set goals you truly want.

2021-01-02 Wind's releasing experience

Wind 2021-01-02 22:13:00 To completely complete the first step, you need to release continuously.

Pay attention to all Six Steps

But if your *willpower* is strong enough, you can also achieve it in an instant through sheer will. First Step.

Susan Lee 2021-01-02 22:13:19 Xiao Li's breakthrough is huge. Her willpower must be very strong. She'll probably be free soon, right?

Wind 2021-01-02 22:13:38 Everyone can be free, as long as you do it. If you start very fast but stop halfway, you won't be able to become free.

Susan Lee 2021-01-02 22:13:54 Mm-hmm, she gave me a big encouragement. The Release Method can be so efficient.

Wind 2021-01-02 22:14:05 Implement the Six Steps until the end. Implementation is necessary.

Susan Lee 2021-01-02 22:13:16 Efficient.

Wind 2021-01-02 22:13:40 Two years ago, I once released continuously for a week. At that time, the *agflap* in my mind was mostly cleared.

===== Page 22 =====

Then I was in a very comfortable state. The world around me also showed unprecedented harmony. Then, for a full six months, I didn't release even once. Then those *agflap* came back. I even forgot how to release emotions and wants.

Continuously stuck

That's why I joined the group to communicate. Later I found that people in the group seemed unaware of Lester Levenson's later audio and the original version of the Release Method. So I translated two articles from *The Way* and the '92 course. During the translation process, I myself also reviewed and remembered the key points. So I started releasing continuously again, taking the lesson from last time, and just moved forward. Before you reach the end, you must not stop. Because once you stop moving forward, you're moving backward.

Zhang Di 2021-01-02 22:15:21 Indeed, I came across Lester Levenson very early, but I had no idea about the later videos and *The Way* series. I even thought for a while it was just the early materials like *The Ultimate Freedom Path* and *The Ultimate Truth*.

2021-01-02 Implement the Six Steps

Qian 2021-01-02 22:37:15 Aren't there 112 methods to reach freedom? Which method is actually more大众化 (suitable for the masses)?

Wind 2021-01-02 22:37:21 112 methods, it's only a matter of adapting to the times. For the current era, I only recommend the Release Method. If you look at the workbook, you'll find a sentence where Lester Levenson said, "You will find this method is the only simple and easy method in the world today." Kam said after becoming free, "This is probably the highest method possible in the world." They weren't joking with you. Masters never fool you.

Susan Lee 2021-01-02 22:38:36 It's really simple. No need for a guru's一大堆 (long-winded) explanations, explaining terms. Just implement the Six Steps.

Lan Ruo 2021-01-02 22:38:50 @Wind What's the situation with the *Avatar* now? What language will he use to teach?

Wind 2021-01-02 22:39:07 "*Avatar*" is a Sanskrit term. It specifically refers to a perfect being who then descends again as a master. For example, Jesus is an *Avatar*. For this knowledge, read *Autobiography of a Yogi* recommended by Lester Levenson, and you'll understand.

2021-01-02 When you can't perceive it, go look at your wanting to figure it out

Wind 2021-01-02 22:57:02

===== Page 23 =====

Can't feel it, don't know what it is.

Wind 2021-01-02 22:57:56 When you can't perceive it, don't think. Go look at your *wanting to figure it out*. That's a *wanting control*.

2021-01-02 Wanting freedom, set freedom within three months

Wind 2021-01-02 23:23:51 Set freedom within three months, if you truly want it. Ye Minzhen
Jamie 2021-01-02 23:23:59 Okay.

2021-01-03 In the state of automatic releasing, it takes no effort at all

Guang Ming 2021-01-03 04:52:16 Sometimes there's a great sense of joy, sometimes the chest and abdomen feel lighter, without such a big surge of joy. I don't know if I'm doing the Sixth Step correctly, but I can tell feelings are coming out from the chest and abdomen.

Xiao Li 2021-01-03 04:52:16 Yes, you are releasing. Keep moving forward. When I was in the "cycling" state, I felt large areas of my body loosening, melting, exploding, sometimes the body released gas by itself. As the release process becomes more 熟练 (skillful), as long as you let go of part of the mind, you can stay in the feeling of "cycling".

Guang Ming 2021-01-03 04:52:27 Okay, won't stop.

Xiao Li 2021-01-03 04:52:30 As the "cycling" state deepens and you release more, you let go of more of the mind and can enter the *automatic releasing* state. In the *automatic releasing* state, you don't need to maintain the "cycling" state; it takes no effort at all. You just watch the whole body melting, exploding, releasing gas. When releasing, all three bodies are being purified, right?

Guang Ming 2021-01-03 04:52:33 Impressive, I just learned to "cycle".

Xiao Li 2021-01-03 04:52:40 One day, my left arm kept hurting. The more I released, the more it cleared. Keep it up.

Guang Ming 2021-01-03 04:52:43

===== Page 24 =====

Was stuck before. Okay.

Xiao Li 2021-01-03 04:52:50 With the method, there's no need to suffer anymore. Implement the Six Steps.

Guang Ming 2021-01-03 04:52:57 Won't stop until the end [fist].

Xiao Li 2021-01-03 04:52:59 [fist].

2021-01-03 Breakthrough Duo

Yi Tian 2021-01-03 09:31:42 "*Want*" is on the most superficial layer. This is my great discovery this morning.

I am Infinite 2021-01-03 09:48:03 This is a breakthrough. With this breakthrough, you can become more and more aware of the *want*, and then you can try to release it @Yi Tian.

Wind 2021-01-03 09:53:26 Breakthrough Duo.

Yi Tian 2021-01-03 09:55:09 Finally got a little breakthrough, and you guys tease me so much.

Wind 2021-01-03 09:56:43 No need for a breakthrough. Just use it directly. You see, every time you have a "breakthrough", you have to summarize it with the mind, right? What you summarize is just conceptual stuff, right? Just converting a concept through language, and you expect to gain an experience?

Yi Tian 2021-01-03 10:04:36 Maybe I'll have a breakthrough this afternoon.

Wind 2021-01-03 10:05:04 You can have a breakthrough in the next second. Don't delay. Breakthrough is not when the mind understands something. Breakthrough is when you can *experience releasing*. Being able to *experience releasing continuously* is an even bigger breakthrough. When the mind understands something, that's a false breakthrough. There's a misunderstanding here. Let me talk about it. Often, when people use a method and don't get the expected results, they start looking for a solution. It's like when you're not driving well, you think, is there some other trick? The behavior is to ask this person, ask that person, catch anyone who releases well and ask. Hearing a viewpoint, trying it and feeling it's useful, then suddenly realizing something. This direction is wrong.

===== Page 25 =====

Because, for example, if you're too tense now, and someone tells you to relax. You relax, find you can release, so you define relaxation as the trick. Then you get stuck again. Someone tells you to allow. You allow, find success, so you define allowing as the trick. The

"tricks" accumulate in your mind, and releasing becomes more and more difficult. Because you're constantly paying attention to those things. The real trick is to keep it simple. Return to the simplest release process. Asking those who release well is useless, because they cannot summarize the reasons for their successful release.

Wind 2021-01-03 10:10:21 Many people can release, but the experience they summarize is imagined by the mind, and it's wrong. It's like asking Jack Ma why he can make money; actually, he himself doesn't really know. Actually, it's very simple. If releasing had those tricks and principles, why wouldn't Lester Levenson tell you? The experience of the Release Method is that the more you release, the fewer things you need to pay attention to, the simpler it gets. It's like learning to ride a bike. Once you learn, you just get on and ride. You don't think about how to ride, or whether to put your left or right foot first. This is achieved through大量 (a lot of) releasing, not through intellectual understanding.

"When I try to explain an experience to you, it's like trying to tell you how to fly a plane, or even drive a car. I say just put the key in, shift to drive, step on the gas, and off you go. When you want to go right, turn the wheel right; when you want to go left, turn it left. Could you learn to drive? You know everything you need to know to drive, but can you drive? No, you need experience. It's even more so with flying a plane. I tell you how to fly a plane. You fly up and come down fast. Experience is putting you on the bicycle. I can tell your mind how to ride a bicycle, but you won't know how to do it until you experience it. When you experience it, you cannot intellectually transfer an experience to another person; they must experience it themselves. So this is the distinct difference between experience and intellectual understanding. Intellectual understanding won't give you the ability to experience, it will lead you in the direction of experience, but it won't give you an experience. Because experience is not in the mind, thinking is not experiencing." - Lester Levenson

Wind 2021-01-03 10:33:03 Like learning to ride a bike, just do it directly. Fall a few times and you'll learn.

Wind 2021-01-03 10:34:41 *"But you can see, our method is actually to release the drives of the mind. Don't try to develop your*

===== Page 26 =====

mind, that way you're developing your enemy, developing what binds you." Don't develop it. When your "intellectual understanding" of the Release Method increases, you'll know the path is wrong. The better you release, the less intellectual understanding you have. You know it's a feeling, you know you can release. You know what releasing is. You know the mind becomes quiet after releasing. You have all those experiences.

Wind 2021-01-03 10:39:24 Lester Levenson: Yes, you release your attachment and aversion to the world, little by little. But you need a big gulp, not this little by little. So you use what you're doing to release. Understand, the only effort you need is to get rid of your effort. This is what you do in the world, you use your effort to get rid of your effort, but in your being, no effort is needed, things materialize and dematerialize instantly. However, you try to figure it out with your mind. You can't. Because your mind, your intellect, is the obstacle, the accumulation of limiting concepts. So you can't figure it out in your mind. You can be your

being, you are your being right now. You don't have to be a limiting framework, and this is what you release in your work and daily life. You release all attachment and aversion, get rid of all emotions associated with you. Did I answer your question? **Student:** Yes, I don't think I tried to figure it out, but I understand I can't do it. You answered my question. **Lester Levenson:** You can't figure it out.

Wind 2021-01-03 10:39:56 Note: You can't figure it out. The right effort still needs to be there. Actually, keeping it simple and doing it is still very important. Let me talk about a habit I also had at the time. In the past, whenever I experienced a release, I would subconsciously summarize. Never summarize. A mental summary will 偏离 (deviate) from the path for a long time. If you release well, just continue releasing. If you realize something, you go astray. Someone once told me: "Every time you realize something, you go down the wrong path." This sentence helped me a lot later on. Record insights, but don't record the mind's understanding of the method. On the method page, just put the Six Steps. Because those understandings are truly limiting. After I released continuously and reached *Samadhi*, looking back at my previous 奇葩 (outrageous) understandings, I felt very stupid. Moreover, people teaching the Release Method introduce even more concepts. I discovered long ago that communication doesn't help me. Communication is everyone talking about their problems and mutually 认同 (identifying with) each other's limiting beliefs.

===== Page 27 =====

So most communication is unhelpful. Communication between practitioners is just sending each other their mental understandings, mutually 误导 (misleading). Just send the method directly, just send the master's teachings directly. I used to have a good Theravada group. Vipassana group. Usually, everyone was quiet. Occasionally, someone would post a passage of scripture. Without adding their own annotations. Later, when more people joined and started discussing experiences, the group became useless. Experiences processed by the mind don't help people; they only mislead people.

Minnie 2021-01-03 11:30:05 When you can directly feel the "*want*", do you need to perceive the emotion underneath? (① Roller)

Wind 2021-01-03 11:30:15 No. Directly feel the *want*.

Minnie 2021-01-03 11:32:14 Every time I hear you say releasing once every few seconds or once per second. At that time, you probably don't need the questions, right? Just let the feeling go out by itself.

Wind 2021-01-03 11:32:27 Once identified, it's gone. Released in an instant.

Minnie 2021-01-03 11:32:45 But in such a short time, can you feel the joy rising?

Wind 2021-01-03 11:32:59 Of course. As soon as you release, the mind quiets down a lot. The joy comes out.

2021-01-03 Once identified, it's released

Wen Lan 2021-01-03 11:45:12 @Wind When releasing once per second, or during *automatic releasing*, do feelings just release automatically, without distinguishing between approval and control?

Wind 2021-01-03 11:45:26 Once identified, it's released. Sometimes it happens so fast your mind doesn't have time to understand. When releasing continuously, feelings surge out like waves. You just watch them排出 (drain out).

Elizabeth Zhang 2021-01-03 11:45:34 Haven't experienced continuity. Always need to feel the chest and abdomen or the current *want* first. Does this continuity arise spontaneously, or is it a必经过程 (necessary process)? Is it不一定 (not necessarily) like that?

Wind 2021-01-03 11:45:40

===== Page 28 =====

Initially, your habit of suppression is stronger than your habit of releasing. You need to operate the Process repeatedly. When you make releasing the norm, continuous releasing will happen.

Beingness (part 1) – Lester Levenson 2021-01-03 11:45:44 https://mp.weixin.qq.com/s/Ek-y_3MUFwKWWHGPzj0MnA Take a look. All of us have accumulated too many mental troubles. We need to eliminate them. They are so heavy, so much piled up here. Now we are all doing this together, but you should make a sufficiently strong decision. You can do it in weeks, months. So focus all your desires on one desire – getting rid of your mind. Even when you are with others, you can release continuously, all day long, without interruption. You've probably experienced the state where it comes up and floats out, comes up and floats out. You must reach, achieve this. Really, there is so much "garbage". Occasional releasing also brings some benefit. But if you want to release it all, a lot of releasing, continuous releasing, look at the Six Steps. You must keep releasing continuous. Continuously let feelings surface and drain out all day. You perceive a feeling and release it. It's a bit like you're sitting and watching it, watching it continuously.

2021-01-03 Chat log between Wind and Roller

Wind 2021-1-3 12:23 Left the group?

Roller 2021-1-3 12:23 Hope I never have to ask you again. Uh-huh.

Wind 2021-1-3 12:24 Not staying in the small group anymore?

Roller 2021-1-3 12:24 Not staying anymore. I want to be completely独立 (independent). Including dependence on you.

Wind 2021-1-3 12:24 That's good.

Roller 2021-1-3 12:25 Love you. Almost cried saying love you.

===== Page 29 =====

When I achieve my goal, I'll still go back to the group and say something to push (motivate) them.

Roller 2021-1-3 12:28 You can tell them for me. I plan to return only after achieving the first step. If not, returning to help them would just be 拉扯 (dragging them back), like you learning.

Wind 2021-1-3 12:29 After the first step, you really don't need to return. But that's your choice.

Roller 2021-1-3 12:30 I'm thinking of 融入 (integrating into) the secular world to truly help people inclined towards freedom. That's my current decision. Who knows about later? Release first.

Wind 2021-1-3 12:31 First, reach the goal. Otherwise, it's hard for you to make the decision for freedom.

2021-01-03 The more you set aside understanding and simply practice, the easier it is to learn

Wei Nuan 2021-01-03 13:03:13 @Wind Teacher Wind, although I felt joy when releasing before, I now suspect it was all illusion, a 配合 (coordination) of the mind, not 真正的 (real) release, right? Only by completely ignoring the mind is it real, right? Today I tried to completely ignore the mind, and energy went to my head.

Wind 2021-01-03 13:03:26 Not completely ignoring the mind. How can you possibly completely ignore the mind?

Sunn 2021-01-03 13:03:38 Releasing fear continuously, but it never ends. @Wind

===== Page 30 =====

Wind 2021-01-03 13:03:50 Before you are completely free, you have a mind. Feelings are also mind, just closer to the 真我 (True Self).

Sunn 2021-01-03 13:03:59 Feel like I've been releasing emotions for years, but I'm still affected by others' emotions. I don't see progress.

Wind 2021-01-03 13:04:23 Release *wanting control, wanting approval, wanting safety*.

Ming 2021-01-03 13:03:30 ⊕ Wind Can't proceed with releasing *wants*. No feeling at this stage. Do I need to start over from the beginning?

Wind 2021-01-03 13:03:38 Practice.

Elizabeth Zhang 2021-01-03 13:03:42 Question: I can't help focusing on the physical sensation of the heart chakra. Should I only focus on the overall emotion, or the part of the emotion that feels like it's floating out from the chest and abdomen? When 觉察 (being aware), it's not that I use the chest and abdomen area to be aware, actually it's the whole person being aware of the feeling.

Wind 2021-01-03 13:03:50 For learning to release, the more you try to understand how it happens, the harder it is to learn. The more you set aside understanding and simply practice, the easier it is to learn. When being aware, just be aware of your emotions, your *wants*.

Elizabeth Zhang 2021-01-03 13:04:02 Does this awareness happen in the mind or the heart?

Wind 2021-01-03 13:04:15 In your *feeling center*.

Sedona's road 2021-01-03 13:04:20 Is the *feeling center* the one in the Hale Dwoskin video? The *Shanzhong point*?

Wind 2021-01-03 13:04:29 **Q:** I used to concentrate between the eyes, but now I've switched to the heart chakra. **Lester Levenson:** The heart is a good place because it is the center of feeling, and feeling is closer to the Self than thought. It depends on your background. If you're a vichara jnani, it'll be the heart, but not on the left side, on the right side. If you're a raja yogi it'll be between the eyes. When I did my concentrating it wasn't on any location; it was on wanting to have the answer. Concentrate on seeking the answer. **Answer:** The heart chakra is a good place because it is the *center of feeling*, and feeling is closer to the Self than thought. It depends on which path you're practicing. If you are a vichara jnani, then it's at the heart chakra, but on the right side, not the left. If you are a raja yogi, it's between the eyes. I myself didn't concentrate on any specific location, just wanted to get the answer. Concentrate on seeking the answer. *center of feeling*

===== Page 31 =====

A Fish 2021-01-03 13:04:37 [Image]

Sedona's road 2021-01-03 13:04:41 Yes, that's what I saw. Paying attention to the *feeling center* doesn't count as paying attention to physical sensation, right? I'm afraid of 混淆 (confusing them).

Elizabeth Zhang 2021-01-03 13:04:52 When I'm guided, especially after releasing a big chunk, should I first ask the question with my mind, and then go feel the emotion/*want* in my chest and abdomen?

Wind 2021-01-03 13:05:00 First feel your emotion and *want*, then ask yourself those questions. The further you go, the simpler the questions become.

Sedona's road 2021-01-03 13:05:06 Thanks. I'm still a bit unclear. Is it necessary to pay attention to the *feeling center*? Before, when releasing, I never paid attention to the *feeling center*, just put some attention on the feeling.

Wind 2021-01-03 13:05:10 At the *feeling center*, it's easier to feel the feelings.

2021-01-04 "Nirbikalpa" Samadhi is actually the complete achievement of the first step of the Six Steps

I am Infinite 2021-01-04 02:32:57 I saw you said you have already reached the first step. Are you sure? So fast? It's only been a few days. Let me send you a share from Wind for comparison.

I am Infinite 2021-01-04 02:39:59 [Group chat history] [Wind: When Lester Levenson reached *Samadhi*, he didn't know there was such a thing as *Samadhi*. Wind: So knowing or not knowing the concept of *Samadhi* doesn't affect you reaching it. Wind: What I repeatedly explain is that "*Nirbikalpa Samadhi*" is actually the complete achievement of the **first step** of the Six Steps...]

Wan Li 2021-01-04 06:34:40 The achievement of the first step is reaching "*Nirbikalpa Samadhi*". Then I haven't achieved it. I don't know what state *Samadhi* is. The day before yesterday, Wind helped me draw out those extremely heavy, extreme programs in the subconscious with a very, very strong avoidance惯性 (inertia). Step by step releasing until I could maintain *automatic releasing*. After releasing enough of these basic feelings, the fear of death came out. This feeling is so different. With the experience of releasing those extreme programs earlier, at first, when releasing the fear of death, I shook a lot. Gradually, I stabilized the "cycling" and maintained *automatic releasing*. If I didn't maintain *automatic releasing*, I probably couldn't bear the fear of death surging up layer by layer through my body. During *automatic releasing*, my whole body felt very uncomfortable. Like the body sensation of a bad cold when I was a child. As releasing went deeper, at one point, my limbs felt lighter. Then from the heart to the navel, that discomfort was almost unbearable. I am in the state of releasing the fear of death. Comparing with what Wind said, I haven't achieved the first step. Let's work hard together.

2021-01-04 There's no way to bypass the surface feeling to release what's underneath

Ye Minzhen Jamie 2021-01-04 17:39:18 @Wind If I only write down things I want, and not things I don't want, is that okay?

Wind 2021-01-04 17:44:41 It's okay too, but you always have to face the things you don't want. You always have to face those suppressed feelings of aversion. Because there's a more superficial part of you that you haven't identified. There's no way to bypass the surface feeling to release what's underneath. That would be trying to suppress. No need to look. "You don't need to seek them after feeling them; they are with you 24/7, you are avoiding

them 24/7." No need to look, especially don't try hard to look. Study the Six Steps carefully. I don't need to give more explanations that fill the mind.

Wind 2021-01-04 13:09:44 For learning to release, the more you try to understand how it happens, the harder it is to learn.

Wind 2021-01-04 13:10:05 The more you set aside understanding and simply practice, the easier it is to learn.

2021-01-04 The key to releasing a desire lies in identifying it and letting it go

Wind 2021-01-04 17:56:12 Every time you release, you become happier. You make progress every time.

The key to releasing a desire lies in identifying it and letting it go

When you identify *wanting control* and *wanting approval*, it brings a very deep releasing experience.

===== Page 33 =====

With just a little release, the mind quiets down a lot. When you identify it, it will be released immediately. You have a natural tendency to let go. It will be accompanied by some feeling of energy leaving or dissipating. Most of the time, you will feel the feeling depart, accompanied by the dissipation of energy.

Light Dancing Wind 2021-01-04 17:57:45 I released some control and didn't feel joy at that moment. But today I felt joyful all day. Does that count? [facepalm]

Wind 2021-01-04 17:58:09 Yes, sometimes the effect happens later. Most of the time, you feel joy immediately.

2021-01-04 Suppress deeply enough, accumulate enough feelings

Ai Mo 2021-01-04 18:30:01 Wind, I hate my mother-in-law. She has done many malicious things and said malicious words to me. Can I state my goal like this: I allow this person to disappear.

Wind 2021-01-04 18:30:29 Goals should not be harmful. Even if your goal is harmful, it will become harmless during the releasing process. You will 转变 (transform) your goal. Because no one truly wants to harm others. Harming others is harming yourself.

Ai Mo 2021-01-04 18:30:38 But it's very hard for me to release towards this person.

Wind 2021-01-04 18:31:46 Everyone has problems that seem harder on the surface. That's just because they are suppressed deeply enough, and feelings have accumulated enough. Those strong, habitual programs can also be released.

2021-01-04 Enter the forest alone

Susan Lee 2021-01-04 18:36:34 Wind, is it okay to not read much of the group chat anymore? Is everything in the Six Steps? I feel like I can't help but look at the聊天记录 (chat history) in the group.

Wind 2021-01-04 18:36:50 Yes, that's right. Actually, even the group could be disbanded, because everyone already has the Six Steps.

Susan Lee 2021-01-04 18:36:55 Okay, I'll退 (leave) first. I'll come back when I'm free. Thank you, Wind, and everyone for your help. Be tough on myself.

===== Page 34 =====

Wind 2021-01-04 18:37:07 *Enter the forest alone.* Luo Wanyu (Yu y) 513 2021-01-04 18:37:24 I also can't bear to leave. I'll allow myself not to scroll through the chat history anymore, calm down, and release properly.

Wind 2021-01-04 18:37:33 That's also a good way. Since you've mastered the method and have the map, there's no need for communication.

2021-01-04 Only study Lester Levenson, don't set up authorities or idols, no need to argue with others

Above the Dome 2021-01-04 18:40:19 Teacher Wind, I want to ask, have you attained the fruit?

Wind 2021-01-04 18:40:19 Talking about this kind of thing too much isn't very meaningful, because you have no way to辨别 (discern). Only study Lester Levenson, don't set up authorities or idols, no need to argue with others. Use this time, and the journey will already be completed.

Above the Dome 2021-01-04 18:40:34 So what is the最低 (minimum) standard I need to reach to have the ability to discern it?

Wind 2021-01-04 18:40:47 "Work silently, your strength is in stillness." In the Buddha's teachings, one must reach the fruit of *Sotapanna* (Stream-enterer). In the teachings of瑜伽科学 (Yogic science), one must reach "*Nirbikalpa* Samadhi". You will cut off all doubt and see the only direction.

Above the Dome 2021-01-04 18:41:06 I can't yet.

Wind 2021-01-04 18:40:18 So, at this stage, you don't need to believe anyone, just do it, and verify step by step.

2021-01-04 Study the Six Steps carefully

Ye Minzhen Jamie 2021-01-04 17:39:10 @Wind If I only write down things I want, and not things I don't want, is that okay?

Wind 2021-01-04 17:39:19 It's okay too, but you always have to face the things you don't want. You always have to face those suppressed feelings of aversion. Because there's a more superficial part of you that you haven't identified. There's no way to bypass the surface feeling to release what's underneath. That would be trying to suppress. No need to look.

===== Page 35 =====

"You don't need to seek them after feeling them; they are with you 24/7, you are avoiding them 24/7." No need to look, especially don't try hard to look. Study the Six Steps carefully. I don't need to give more explanations that fill the mind.

2021-01-04 The fear of death, expressed in the body, becomes pain

Wind 2021-01-04 18:54:05 The fear of death, expressed in the body, becomes pain. But that's expressing it in the body. It means you've suppressed the feeling of the fear of death back down.

Student: Once I tried to operate releasing this fear of death, and I brought out some very heavy physical pain, so I must have done something wrong, but it took a long time to搞定 (handle) it. **Lester Levenson:** You didn't release it, instead you expressed it in the body, you were letting your body move towards death. Pain points to death. So, you didn't release it, you let it express in the body. **Student:** Then just go into it again. But I must say, I think it has lessened through releasing, but when it happened, I still didn't let go of it. How do I get to it again? **Lester Levenson:** Talk to the seminar instructor, it's not that I take you there. Or you continuously release the stuck feeling, see that when you don't release the stuck feeling, you let it continue operating, which causes you to remain stuck. Can you see how simple this is? If you do it, it's really simple.

Look at *The Way 1*; there's a specific section of guidance.

2021-01-05 Wanting drives surface feelings

Fang Fei 2021-01-05 09:08:17 Teacher Wind, I'd like to ask, do we first allow the most superficial feeling to express, and then naturally perceive a "wanting" (compulsion/drive) underneath, and identifying it is releasing? I want to confirm, because I saw in the group that "*want* is on the most superficial layer"? A bit confused [facepalm] @Wind

Wind 2021-01-05 09:08:25 The most superficial is what you can clearly perceive.

Fang Fei 2021-01-05 09:08:54 Shouldn't I first allow the feeling? Behind the feeling, there is a "*want*".

Wind 2021-01-05 09:08:59 After you become proficient, you can directly feel the feeling of *want*.

Fang Fei 2021-01-05 09:09:14

===== Page 36 =====

Isn't the *want* behind the feeling? (the driver underneath)

Wind 2021-01-05 09:09:25

Wanting drives surface feelings

Guo Xingxing 2021-01-05 09:09:51 @Wind Sometimes when I'm writing, I can still feel continuous releasing. I might laugh while writing, but it doesn't affect the logic of what I'm writing. Am I having illusions? Is this okay?

Wind 2021-01-05 09:09:59

You can release continuously while doing anything

Rong 2021-01-05 09:10:15 @Wind Teacher, may I ask if the fear of death and *wanting safety* are the same concept? [respect]

Wind 2021-01-05 09:10:18 Yes, Lester Levenson explained it in *The Way*. Lester Levenson himself liked to say fear of death, but in his courses, he used *wanting safety*.

Elizabeth Zhang 2021-01-05 09:10:41 At what feeling level does the fear of death emerge? @Wind

Wind 2021-01-05 09:10:58 Release enough *wanting control* and *wanting approval*.

Xu Hong 2021-01-05 09:11:12 @Wind So when doing things, do feelings that pop up still need to be identified as what kind of *want*?

Elizabeth Zhang 2021-01-05 09:0 Is it a feeling that is clearly different from *wanting control* and *wanting approval*, and emerges by itself?

Wind 2021-01-05 09:11:48 Yes, it will emerge. Identifying *wants* is very easy. If you are trying hard to figure out what kind of *want* it is, note that that's a *wanting control*.

2021-01-05 Once you release the feeling, you won't have thoughts compelled by it

Elizabeth 2021-01-05 10:47:14 If there is a wish, actually we don't need to judge whether it comes from *wanting approval* or *wanting control*. We should only look at the current feeling towards it as *wanting control* or *wanting approval*, and not analyze which need it comes from, right? Because that wish is caused by karma. Judging it because you want to change others or want love/approval is actually the mind's control? @Wind

Wind 2021-01-05 10:47:28 No need to analyze. By the time you finish analyzing, you could have let it go.

Shu Xin 2021-01-05 10:47:37 @Wind When facing a feeling, should we fully feel it first and then categorize it as which *want*, or immediately upon feeling it, see if it's *wanting control* or *wanting approval*?

Wind 2021-01-05 10:47:52 Directly look to see if it's *wanting control* or *wanting approval*.

===== Page 37 =====

At 2021-01-05 10:48:19 @Wind My house is on a street. When I hear car sounds, I get annoyed. I feel this annoyance as *wanting control*, and then release. @Wind I can always feel that *wanting control* when a car passes, and I release it repeatedly. Isn't this combining other methods with the Release Method? My feeling is a strong *wanting control*. Wanting to change is also a form of needing control.

Wind 2021-01-05 10:49:12 Just release the feeling. This is not combining other methods. If you have any feeling about anything, just return to your feeling and release it. Release *wanting control*, *approval*, *safety*.

Elizabeth 2021-01-05 10:50:01 After充分 (fully) releasing, will the situation with the car noise change?

Wind 2021-01-05 10:51:18 Yes. *see nothing out there but your sum total thinkingness*. Lester Levenson told you to write this down.

Elizabeth 2021-01-05 10:51:20 Fully releasing equals changing the画面 (picture)?

Wind 2021-01-05 10:52:00 The画面 (picture) is just your thoughts. Thoughts are just driven by feelings.

Elizabeth 2021-01-05 10:52:14 What does充分 (fully) releasing do? Eliminate the feeling? Then the画面 (picture) of the noisy car no longer exists, right?

Wind 2021-01-05 10:52:26 Once you release the feeling, you won't have thoughts compelled by it. You can freely choose what you want. This will make your world appear exactly as you want it.

Zi Shan 2021-01-05 10:52:44 What does that mean?

Wind 2021-01-05 10:52:34 The world is just a presentation, just a display screen. When you want to change the画面 (picture), smashing the display screen is useless. Only releasing helps.

Elizabeth 2021-01-05 10:52:44 Does Wind or others appearing on my display screen mean I have feelings towards you in my subconscious?

Wind 2021-01-05 10:52:49 You created that画面 (picture). No exceptions. Outside there is nothing, only your bundle of thoughts.

Elizabeth 2021-01-05 10:53:05 Are good feelings also强迫 (compulsively) driven? So, in *beingness*, there are actually no feelings. Only

===== Page 38 =====

but at this time, thoughts are issued by the真我 (True Self), coming from the整体 (whole) mind. Is this understanding correct?

Wind 2021-01-05 10:53:12 Clear out the feelings. You will have no thoughts, your mind will be completely still. You will recognize that you are infinite existence. And then never lose this knowing. You can casually put in feelings and thoughts, but will no longer be operated by them. Only use them to communicate with others.

Elizabeth 2021-01-05 10:53:19 This "you" that casually puts in – when you have no thoughts, does the画面 (picture) still exist?

Wind 2021-01-05 10:53:29 When there are no thoughts, there is no画面 (picture). Only existence.

Elizabeth 2021-01-05 10:53:47 Isn't there a画面 (picture) around you right now?

Wind 2021-01-05 10:53:57 You have to bring yourself down to communicate with others. The way to bring yourself down is to put in feelings and thoughts, to重新 (re-)see everything as limited.

Elizabeth 2021-01-05 10:54:00 So when you clear all feelings, all画面 (pictures) disappear. It seems hard to understand. It's like you experienced no画面 (picture), and then to communicate, you装入 (load)画面 (pictures) again. When you reach *Samadhi*, are you in a state of no feelings and no画面 (pictures)?

Wind 2021-01-05 10:54:16 In fact, as soon as you reach the *astral plane*, you see no matter, only bright, blazing light. When you reach *Samadhi* and experience infinite consciousness, there are no feelings or thoughts. The画面 (picture) is just thoughts. It is nothing else.

Elizabeth 2021-01-05 10:54:18 When you were in *Samadhi*, if your family was at home, couldn't your parents see you? Did you disappear, not in the画面 (picture)?

Wind 2021-01-05 10:54:36 They would see you, because you保留 (retained) the karma of the body.

Elizabeth 2021-01-05 10:54:52 How is the karma of this body cleared? Is it automatically cleared after releasing the fear of survival?

Wind 2021-01-05 10:54:57 You don't need to clear it. Usually, you let it run its预设 (preset) course. Very few people make it disappear directly. But if you decide to, that's also possible.

Elizabeth 2021-01-05 10:56:02

===== Page 39 =====

Also through the Release Method?

Wind 2021-01-05 10:56:15 No, I'm talking about after freedom. After freedom, you can decide to let the body run its预设 (preset) course, or you can leave directly. That's your choice, completely free choice.

Elizabeth 2021-01-05 10:56:18 At that time, you directly see these choices, without needing any methods, right?

Wind 2021-01-05 10:56:19 Yes, after freedom, you don't need methods.

Guo Xingxing 2021-01-05 10:56:26 Can the预设 (preset) things not be changed, even after freedom?

Wind 2021-01-05 10:56:59 But you need to implement the method to reach freedom. Yes, when you transcend karma, you can do it.

Rong 2021-01-05 10:58:00 Teacher Wind, my question might be a bit naive [facepalm]. What exactly is this karma? [respect]

Wind 2021-01-05 10:58:06 Programs are feelings.

Rong 2021-01-05 10:58:29 Oh, that makes it clear. If it were just "programs," I still wouldn't understand. Thank you.

Yi Tian 2021-01-05 10:58:40 Feelings and *wants* together form the complete program, right? @Wind

Wind 2021-01-05 10:58:46 *Wants* are also feelings. Basic feelings.

Yi Tian 2021-01-05 10:58:55 They compel and drive all our speech, actions, and thoughts. What gives feelings this driving power?

Sui Le 2021-01-05 10:58:59 Wind, regarding the noise of passing cars, after releasing it completely, if cars still pass, will I not hear the noise anymore?

Wind 2021-01-05 10:59:12 The only source of power is yourself. Your infinite existence. You are the one who赋予 (empowers) feelings; you can certainly解除 (disempower) them. If you don't want it, this matter will directly disappear from your experience.

ZOEY 2021-01-05 10:59:23 From your perspective now, what is the meaning of life? @Wind

Sui Le 2021-01-05 10:59:30 Wind, so although the cars still pass, if I don't赋予 (give) them meaning, I won't hear them?

===== Page 40 =====

Wind 2021-01-05 10:59:32 The only meaning is to grow, attain freedom, return to your infinite existence. No, there is nothing external.

2021-01-05 What is the meaning of music?

Qing Kong Wan Li 142857 2021-01-05 11:46:00 @Wind Teacher, how can I truly *decide* to want freedom? I feel like I still don't want freedom very much.

Wind 2021-01-05 11:46:05 No one else can help you with this.

ZOEY 2021-01-05 11:46:07 What about the many people who haven't even started on the path of growth?

Wind 2021-01-05 11:46:13 In a slow way, they seek happiness in the world, in all directions. But there is no happiness in the world. After repeatedly hitting their heads, they will eventually come to this only direction. But the whole process may take millions of years or even longer.

ZOEY 2021-01-05 11:46:20 In your current state, is it extreme joy every moment?

Wind 2021-01-05 11:46:25 Beyond this joy. I cannot describe it more.

Guo Xingxing 2021-01-05 11:46:50 @Wind Let me ask a personal interest, I'd like to hear your explanation from your position. What is the meaning of music? I see that ancient Indian music explains specific emotions and connects them with the universe and life. Ancient Chinese music was also integrated with the emperor's survival, life, and the *I Ching*. At a certain stage, was music also a path to freedom? What is its meaning?

Wind 2021-01-05 11:46:59 Music is vibration. The original vibration is *AUM*.

ZOEY 2021-01-05 11:47:14 May I ask, what exactly is Bashar's所谓的 (so-called) channeling? High spirits?

Wind 2021-01-05 11:47:24 I don't comment on those channelings.

Guo Xingxing 2021-01-05 11:47:36 Why is such vibration needed?

Wind 2021-01-05 11:47:52 You only need to know that it has no meaning for freedom. All channeling information pleases your *astral body*.

===== Page 41 =====

Okay.

Wind 2021-01-05 11:48:02 If you want freedom, you should also release attachment to music.

Z0EY 2021-01-05 11:48:14 Does the *astral body* still need pleasure?

Guo Xingxing 2021-01-05 11:48:35 Can vibration not transcend the *astral body*?

Wind 2021-01-05 11:48:44 Of course, all three bodies are bondage.

Yi Tian 2021-01-05 11:48:59 Is the *astral body* inside the physical body? @Wind

Wind 2021-01-05 11:49:14 There is a method, but it's not through external music. Z0EY: Is the *causal body* also bondage?

Wind 2021-01-05 11:49:19 This method is not suitable for the current era. Yes, the *causal body* is also bondage. Guo Xingxing: Yes. When reading Sanskrit texts, life and sound are so intertwined, I wanted to ask about it.

Wind 2021-01-05 11:49:28 No, the *astral body* is the blueprint of the physical body. The physical body is an exact copy of the *astral body*.

Yi Tian 2021-01-05 11:49:30 Guo Xingxing: Ancient times existed. Guo Xingxing: The blueprint of the physical body – that's so interesting, so that's where it comes from.

Wind 2021-01-05 11:49:52 *Matrix*. This is the word Lester Levenson used. The physical body is projected by the *astral body*, not the other way around.

Yi Tian 2021-01-05 11:49:58 Does the *astral body* transcend the concept of space? Is it on Earth or not?

Wind 2021-01-05 11:50:26 No material body can exist without being operated by the *astral body*.

Yi Tian 2021-01-05 11:50:47 Is my *astral body* not on Earth?

===== Page 42 =====

Wind 2021-01-05 11:50:52 It's not that "the *astral body* is inside the physical body." Guo Xingxing: So through music, one can at most understand the blueprint. But for understanding the current person, society, or even karma, it is limited.

Tian 2021-01-05 11:51:12 Does everything有形 (tangible) and material have an *astral body*?

Guo Xingxing 2021-01-05 11:51:19 Intangible things probably do too.

Wind 2021-01-05 11:51:25 Of course, because the *astral body* is composed of mental, emotional, and life particles.

Elizabeth 2021-01-05 11:51:36 If freedom allows any画面 (picture) (including cars, people, scenery), can I have a画面 (picture) where my parents are free? Doesn't the free will of others exist anymore?

Wind 2021-01-05 11:51:50 At the thought level, when you create a画面 (picture), you develop the *astral body*. Yes, you can. But you won't do it. It's not that there is an "I cannot," it's just that you won't do it.

Guo Xingxing 2021-01-05 11:52:51 @Wind Is my understanding correct? Music cannot离开 (separate from) the *astral body* and its映射 (projection).

Wind 2021-01-05 11:52:59 Vibration can贯穿 (penetrate) to the primordial. But the music we talk about indeed only pleases the *astral body*.

Elizabeth 2021-01-05 11:54:15 @Wind Why wouldn't you? If Lester Levenson changed a风景 (scenery)画面 (picture), and you happened to be there, you also changed it. What would happen?

Guo Xingxing 2021-01-05 11:54:19 Ancient Indian and Chinese music seemed not just for pleasure.

Wind 2021-01-05 11:54:33 Two free individuals would not produce opposing views. They are both the same infinite existence, just called by different names.

Elizabeth 2021-01-05 11:54:38 If they are the same, Lester Levenson is in every atom, you are also in every atom. It depends on which frequency the perceiving person reads from? Earlier you said you感知 (perceived) Lester Levenson nearby.

Wind 2021-01-05 11:54:45 Of course, because nature is the concrete manifestation of *AUM* – the most primal sound or vibration word. Brahma, Vishnu, Shiva are the earliest musicians.

Elizabeth 2021-01-05 11:54:52 Why wouldn't free parents change?

Wind 2021-01-05 11:54:58 The deeper purpose of the先知 (prophetic) musicians was different from now – to awaken the human *spinal centers*.

Guo Xingxing 2021-01-05 11:45:00

===== Page 43 =====

Spinal centers.

Wind 2021-01-05 11:55:16 You do not干涉 (interfere with) the karma of each individual.

Yi Xuan 2021-01-05 11:55:33 Wind

Wind 2021-01-05 11:55:35 Release without mental conflict, you are on the same frequency.

Pointing at the Moon 2021-01-05 11:55:40 Mr. Wind, how many liberated beings are there on Earth now?

Wind 2021-01-05 11:56:00 I won't disclose this number. I can only say it's much fewer than you think. Because many don't wish to be known.

In primitive times, music in various civilizations corresponded to the natural hours, seasons, and the presiding deities of special forces. For example, Indra's song could only be heard at spring dawn, evoking the sentiment of universal love.

Guo Xingxing 2021-01-05 11:56:06 And Tara? I thought this explanation was just philosophy.

Wind 2021-01-05 11:56:36 There are one hundred and twenty *talas* mentioned in Sanskrit文献 (texts).

Era Everything Connected 2021-01-05 11:58:19 This is about feeling, no need to analyze.

Wind 2021-01-05 11:58:27 The origin of these rhythms is human movement: twice the time of walking pace, three times the breathing rate during sleep. At that time, the inhalation time was twice the exhalation time.

Guo Xingxing 2021-01-05 11:58:39 Can it help humans besides pleasure?

Era Everything Connected 2021-01-05 11:59:01 So只要 (as long as) you practice more, you will be able to see it?

Wind 2021-01-05 11:59:09 It is an effective spiritual training. Yes. Through practice. Vibration acts not only on the *astral body*.

Guo Xingxing 2021-01-05 11:59:47 How can one understand and obtain the corresponding vibration?

Wind 2021-01-05 12:00:00 I want to say releasing. This answer is sometimes too simple. But you do need to gain intuitive understanding to know. Because the ancient Indian music brought by the先知 (prophets) is essentially individualistic. The third eye is the center of intellect. At the moment of death, a person's consciousness often concentrates here.

Guo Xingxing 2021-01-05 12:00:09

===== Page 44 =====

Releasing is related to vibration, but releasing has nothing to do with music, right?

Wind 2021-01-05 12:00:18 The biblical metaphor is that when God first created the beings in heaven, he concentrated their consciousness in the third eye on the forehead. All their creative power of will was concentrated there. But when they began to use the body's nature to "till the ground," they lost it. Releasing has nothing to do with those things. The only thing you need to know for releasing is the Six Steps.

Guo Xingxing 2021-01-05 12:01:35 Is there a method to reach freedom through human music vibrations? Did it exist in ancient times?

Wind 2021-01-05 11:42:08 There are methods using vibration. The human body is the best instrument; external music is just初步 (preliminary) training. That's enough for intellectual questions. Go release. It brings all the answers.

2021-01-05 Wind elaborates on the Six Steps

Wind elaborates on the Six Steps: When the Process says "allow yourself to notice," it doesn't mean you用力 (exert effort) to dig, but rather what you notice while doing nothing at this moment. No need to summon effort, no need to use control. Why doesn't the course teach you "how to notice"? Because "how" implies mental effort. For example, you ask yourself if you currently want control or approval. You can notice immediately. If you can't, then you want to be able to. Wanting things to go your way – that's *wanting control*. It's very simple. So, I say again, you must memorize the Six Steps. Keep them nearby, look at them often. Any question about releasing can be answered in the Six Steps.

I can explain step by step.

Step one is "You must want freedom more than you want control and approval." *Wanting control and approval* are feelings that limit you. But sometimes we are so foolish. We prefer limitation to freedom. Sometimes when you're stuck, it's really because you're unwilling to release them. Just want it. When you realize that *wanting control and approval* limit you, you want freedom more. So the Six Steps actually don't need explanation. They are concise and literal.

Step two, make the decision for freedom. A decision is a decision. Because you want freedom, you decide to do it.

Step three is that all feelings are *wanting control and approval*. You have feelings every moment. The whole world you see is *wanting control and approval*. You defend 24 hours a day, preventing the fear of death from surfacing. The defense mechanism is *wanting control and approval*.

Step four is to release continuously. Continuous means continuous. You do it once, then you can do it a second time, a third time, a fourth time... until the last time when you reach freedom. Lester Levenson said "there is no stop in the six step". There is no "stop" in the Six Steps. Continuous means continuous.

===== Page 45 =====

Step five is probably used most at the beginning, because you'll often get stuck. But being stuck is just because you want to control. The only reason for being stuck is that *wanting control* is operating. It's that simple. Release this *wanting control* that's operating you, and the stuck feeling immediately becomes smooth.

Step six is also the easiest for us to overlook. Every release makes you freer, and it can also be described as 轻松 (easiness) and joy, but ultimately it's freedom. The motivation from these experiences strengthens the *wanting freedom* from step one. And Lester Levenson said, "If you 彻底 (completely) achieve step one, you will naturally implement the following five steps." If you 彻底 (completely) achieve step one, you have no obstacles. Control is a good thing, *wanting control* is not. Wanting = lack. *Wanting control* is a sense of lack regarding control.

2021-01-05 Is releasing while watching dramas feasible?

Ye Minzhen Jamie 2021-01-05 19:48:16 @Wind Is releasing while watching dramas feasible? The 剧情 (plot) reminds me of many events I once was unwilling to face. If not for watching, I would have thought I'd already let go. I'm afraid I'll get addicted to releasing while watching dramas, and deviate from the original Release Method @Wind If afraid of death, why not just watch more horror movies? Or use VR technology to practice death, is that feasible? @Wind

Wind 2021-01-05 19:49:17 Doing this can somewhat help bring out the fear of death. However, if you are under the heavy weight of *wanting control and approval*, you cannot directly face the fear of death.

2021-01-07 If you are disturbed, it only means you want to be disturbed

Yi Tian 2021-01-07 20:23:44 [Image] "When you release continuously, you will automatically isolate." Does this mean that when you enter continuous releasing, naturally no one will disturb you? @Wind

Wind 2021-01-07 20:23 Of course. The outside world is originally your projection. If you are disturbed, it only means you want to be disturbed. You used thoughts to create the situation of being disturbed.

Yi Tian 2021-01-07 20:23 When you were in retreat, did you encounter no disturbances?

Wind 2021-01-07 20:23 No. Once you 决心 (resolve) to turn inward, nothing can disturb you.

===== Page 46 =====

Yi Tian 2021-01-07 20:23 Is it that when external刺激 (stimuli) occur, you have no reaction? Or does the outside world naturally have no干扰 (disturbances) at all?

Wind 2021-01-07 20:23 Same thing. Outside is only your thoughts. At first, you are still creating some events. But that's your own desires disturbing yourself. After releasing further, especially when集中 (concentrating) on releasing the fear of death, when *wanting control and approval* are mostly gone, the world completely does not disturb.

Yi Tian 2021-01-07 20:23 For example, if you're in a retreat room and someone knocks on the door, it simply doesn't affect you. Or does it mean that once you enter continuous releasing, no one will knock at all?

Wind 2021-01-07 20:23 If you're in the woods, this is even more evident. Poisonous snakes and fierce beasts will stay far away from you. After releasing enough *wanting control and approval*, basically no one will knock.

Yi Tian 2021-01-07 20:23 I see.

2021-01-09 Complete Release – Feeling that you fully possess it, the mind no longer revolves around it

Ling Ling Ling 2021-01-09 19:05:54 How do you define *completely released*? Several times I thought I had completely released something, and I told you, the goal was almost achieved. But in the end, it still didn't happen.

Wind 2021-01-09 19:06:35 *You know you completely released on it when you don't give a hoot.* This is Lester Levenson's words. Because you already feel you fully possess it, so the mind no longer revolves around it. No longer seeking external confirmation. You only realize it after you possess it. If you still have the冲动 (urge) to seek external confirmation, release it. This means it hasn't been completely released on that matter.

2021-01-09-20 If you're not releasing, you're suppressing

Zi Zai 2021-01-09 20:20:13 Wind, is it only possible to be stuck after learning the Release Method? If someone doesn't even have the experience of releasing, then the problem of being stuck doesn't exist for them, right?

===== Page 47 =====

Wind 2021-01-09 20:20:25 You could also say they are stuck every moment, because when you are not releasing, you are actually suppressing, not allowing feelings to surface.

Zi Zai 2021-01-09 20:20:56 @Wind The chest tightness problem一直 (keeps) not being resolved, a bit afraid to practice anymore.

Wind 2021-01-09 20:21:09 Always try to pay less attention to physical sensations.

Zhang Dai 2021-01-09 20:21:54 @Wind So if you're not continuously releasing, you're stuck. Use the fifth step, right?

Wind 2021-01-09 20:22:00 If you want to release but can't, of course you're stuck. Another situation is not wanting to release.

Bing Zi 2021-01-09 20:23:17 [Image]

Wind 2021-01-09 20:23:29 As long as you're not releasing, you're suppressing. Feelings are constantly surfacing and then going out. Feelings are constantly rising. You feel happy, and content with the current happiness. At this time, you will also want to control this feeling of joy.

2021-01-10 Go and do it

Roller 2021-01-10 09:39:14 Wind, you are not yet全知 (omniscient), right?

Wind 2021-01-10 09:39:25 Haven't taken the last step.

Roller 2021-01-10 09:39:31 Then I know. Some things you know, some you don't.

Wind 2021-01-10 09:39:44 If I want to know, I retrieve it from the *Samadhi* state.

Roller 2021-01-10 09:39:50 Haha, I "teased" you, sorry. Brother Wind, I'm going to reach the first step. Deep down, I firmly believe it's close. I slowly realize that this world cannot give me the happiness I want. True joy only lies within my own heart. The ability to be happy is your ability to love. For me, my goals really aren't as "tempting" as inner joy.

===== Page 48 =====

Wind 2021-01-10 09:40:12 Go and do it.

Roller 2021-01-10 09:40:50 [Image] This is the feeling. *what is it. I must get it.*

2021-01-11 Keep it simple and easy; repeated practice will help you master it

At 2021-01-11 20:52:05 Welcome Teacher Wind! Everyone, ask questions quickly. In a few days, you might not see Teacher Wind anymore.

Love is the Key 21:00:23 @Wind Teacher Wind, I have a question: I feel that when I release, I don't think about what specifically to release. I just release whatever feelings and emotions are there. But I remember that one of the Six Steps is to attribute all feelings and emotions to the three basic *wants* and release them. Then I would use my mind to search for the *want*

behind this emotion. But I find that when I think, I seem to enter an unnatural, somewhat僵化 (rigid) state, a bit刻意 (forced). Instead, it seems to hinder my smooth release feeling. How to solve this problem? Sometimes I can naturally release a specific basic *want*, but sometimes I can't.

Wind 2021-01-11 21:01:46 No need to use your mind to search. Relax, keep it simple. Releasing *wants* is somewhat special.

Yan 2021-01-11 21:04:44 @Wind May I ask if releasing the fear of death needs to be done continuously? I always get tired after releasing for half an hour and stop, unable to continue. Then next time I release, I start over again,反复 (repeatedly). No progress. As soon as I relax and do nothing, the fear comes out. Still can't release fear calmly.

Wind 2021-01-11 21:04:49 When the *want* behind the feeling is identified, it is released immediately. Almost不需要 (without needing) to ask the following question.

gydx 2021-01-11 21:04:58 @Wind Teacher Wind, hello. When I release, I simply notice many very fast *wants*. But my mind cannot分辨 (distinguish) which of the three basic *wants* they are. Trying to分辨 (distinguish) makes my

===== Page 49 =====

head more tired and increases the burden.

Wind 2021-01-11 21:06:53 Tired means you are用力 (using effort). Releasing requires no effort. This is the design of the course. When you truly start releasing *wanting control and approval*, you will find it very simple.

gydx 21:08:54 @Wind I release emotions. Today, lying down releasing, I observed many *wants*, one after another surfacing, but my mind来不及 (didn't have time) to identify which kind of *want*. @Wind Is it necessary to identify which kind of *want*? Is it okay to simply observe the *wants*?

Wind 2021-01-11 21:10:36 This is not the Release Method. Releasing a *want for approval or control* once equals releasing thousands of emotions above it. Sometimes the many "*wants*" we talk about are our thoughts. You don't need to use will to distinguish them. Yes, as Lester Levenson said, you need to release enough *wanting control and approval*. Not watching, but practicing. When a *want* is brought out, it is released. If not, you return to the beginning of the Process.

Relax the body, feel it again. Identify what *want* it is, let it leave. Keep it simple and easy; repeated practice will help you master it. Thinking and analyzing will make it越来越 (increasingly) difficult to release. Because the mind only plays back past experiences. Then say "no." And proceed to the next Process. You introduced a psychotherapy concept. But those concepts are all inaccurate. Our current psychology is based on some incorrect assumptions.

2021-01-11 Don't grope around, just use the Process directly; if it doesn't work the first time, do it a second time

WHAT AM I 2021-01-11 21:05:14 Those people in the videos, when they first learn to release *wants*, as soon as they notice it, it's gone, just like you said.

Wind 2021-01-11 21:05:27 When first learning to release *wants*, you can start from emotions and trace upwards. This is also the design of the course.

WHAT AM I 2021-01-11 21:05:34 Okay, I can only continue反复 (repeatedly)摸索 (grobe around).

===== Page 50 =====

Wind 2021-01-11 21:05:54 My suggestion is not to摸索 (grobe around), just use the Process directly. If it doesn't work the first time, do it a second time. This will be faster. Groping around with the mind actually takes many detours, because the mind can only play back past experiences.

WHAT AM I 2021-01-11 21:06:57 So, even if this *want* is analyzed, should I still proceed?

Wind 2021-01-11 21:07:00 Yes. You can see in the teaching videos that the指导员 (instructor) doesn't correct their identification.

WHAT AM I 2021-01-11 21:07:15 Can I let this *want* leave? If the answer is no, do I keep asking "can I let it leave?" until the answer is yes?

Wind 2021-01-11 21:07:43 Even if they thought about it for a moment.

WHAT AM I 2021-01-11 21:07:54 Yes. Can I let this *want* leave? If the answer is no, do I keep asking until the answer is yes?

Wind 2021-01-11 21:07:59 No. If it doesn't leave, you just重新 (start over) the Process from the beginning. Start from the first step of the Process: relax the body.

WHAT AM I 2021-01-11 21:09:10 So, feel the emotion again?

Wind 2021-01-11 21:09:28 Yes, start from the first step, just like the first time you released.

WHAT AM I 2021-01-11 21:09:57 Okay, I'll do that.

Wind 2021-01-11 21:10:11 Because you are in the learning阶段 (stage), it's fine to treat each time as the first time.

2021-01-11 The graduate student way is to only release the stuckness that's there in the moment

Wind 2021-01-11 21:26:40 "Everyone is combining other things with releasing. When you do this, it slows down releasing. If you need other things, you are slowing down the method."

===== Page 51 =====

Wind 2021-01-11 21:27:14 When using the Release Method, all additions weaken its power.

Zhou Zhou 2021-01-11 21:27:35 @Wind After彻底 (thoroughly) releasing, do you know where you are going?

Wind 2021-01-11 21:27:57 Yes.

Zhou Zhou 2021-01-11 21:29:30 Is it truly knowing, or just a direction? Will the physical body suddenly disappear?

Wind 2021-01-11 21:29:49 No, unless you consciously make it disappear. Very specific, but it's intuition, not thinking, more certain than thinking.

Because I am准备 (preparing) to go into隐居 (seclusion) in a few days, I will try to answer questions related to actual releasing. After this, there are the Six Steps, course videos, and Lester Levenson's audio materials. They are enough to support everyone in completing the journey. No teacher is needed.

Releasing anything is not difficult, just treat it as a feeling to release. There are 112 paths in total. The Release Method is the most suitable for the current era.

Lester Levenson talked about this issue. Psychology believes emotions are normal; you just need to adjust them. But emotions themselves are programs. These survival programs are actually反生存 (anti-survival).

Yan Gui Lai 2021-01-11 21:36:13 @Wind Whenever you mention leaving after freedom, I always feel inexplicably sad and失落 (lost). Is this inner fear of freedom?

Inner Clear Sky 2021-01-11 21:36:24 Do those who truly release well eventually have to go into隐居 (seclusion) like Lester Levenson?

Wind 2021-01-11 21:36:34 Not necessarily. For me, it's returning to normal life. Because I also said before that I have been exposed to spiritual practice for many years, but I never涉入 (got involved in) spiritual circles. I always practiced meditation quietly, and after接触 (encountering) the Release Method, I released quietly. So I don't have a tendency to be a teacher.

Always practiced meditation quietly, and after接触 (encountering) the Release Method, I released quietly. So I don't have a tendency to be a teacher.

At 2021-01-11 21:38:39 @Wind Teacher Wind, you're here. I can't think of questions. Can you give me guidance based on my situation? I believe you understand everyone, thank you.

===== Page 52 =====

Wind 2021-01-11 21:39:15 Then just cry well. Best to use the standard Process to release. The efficiency of the Release Method is beyond imagination.

At 2021-01-11 21:40:45 Must I release by asking questions? Or can I just release directly?

Wind 2021-01-11 21:40:50

Wind 2021-01-11 21:40:50 If you are truly using the Release Method created by Lester Levenson. Releasing *wants* is very simple, just one or two sentences. But these one or two sentences contain a complete process. When releasing consciously, use it. Follow the videos. In the learning阶段 (stage), following the video practice is the best way.

At 2021-01-11 21:42:43 You mentioned feelings surging out like waves.

At 2021-01-11 21:44:50 Wind, when is it time to stop using the questions?

Wind 2021-01-11 21:44:51

Wind 2021-01-11 21:44:51 At that time, you will naturally know not to ask. When you stop, you need to use the Process to operate. Once you are truly used to releasing, you will release very easily. You need to spend more than 50% of your day releasing for the releasing habit to exceed suppression.

At 2021-01-11 21:47:00 Yes, when I start, I use the questions, then it's very quiet. After releasing smoothly, I don't use them.

Wind 2021-01-11 21:47:34

Wind 2021-01-11 21:47:34 Using回忆 (memory) to stir up emotions is one way. But this is the elementary school way. The graduate student way is to *release the stuckness only*. Only release the feeling stuck there in the moment. Release one, then release another. When feelings of *wanting control and approval* surface, release them. Until the fear of death surfaces, you allow them to surge out, like waves surging out. Yes, generally there won't be any images. You are releasing a bit slowly. Or rather, there's still something wrong with the way you use this method.

===== Page 53 =====

Li 2021-01-11 21:50:58 @Wind Welcome, Teacher Wind [rose]. I've been practicing for a while, but I don't feel明显的 (obvious) relaxation or joy. Does that mean I haven't released yet?

Wind 2021-01-11 21:51:17 Yes, continue practicing. Practice with the videos. I shouldn't use analysis to answer your questions.

gydx 2021-01-11 21:51:40 @Wind I always demand that I have a very确定的 (certain) feeling of control and approval. Only then does my mind think it's releasing control and approval. What's going on? And what should I do?

Wind 2021-01-11 21:51:43 Because the method is experiential. No need for this. You just need to answer and then proceed. Practice the Process once, then practice it again. Until you truly master it. The more单纯 (simply) you do this, the faster you learn. A little assistance is okay. But try to keep the operation simple. No need for this. Just follow the Process simply.

Li 2021-01-11 21:56:15 Okay. Thank you, teacher! In the video, the teacher says to feel in the chest and abdomen area. Are the three questions asked by the mind? I feel like it's the mind asking? @Wind

Wind 2021-01-11 21:56:33 It is the mind asking. Of course, it's the mind asking. Don't summarize the Process with any words. Lester Levenson never wrote a book introducing the Release Method during his lifetime. Practice with the videos. You can only learn releasing by watching others release and experiencing it with them.

I'm not going into闭关 (closed retreat), I'm going into隐居 (seclusion).

At 2021-01-11 21:59:32 @Return to Self-Nature

===== Page 54 =====

The teacher is going into隐居 (seclusion).

Li 2021-01-11 21:59:45 Okay.

Wind 2021-01-11 22:00:06 The chest and abdomen are the *feeling center*. The precise *feeling center* is at the heart chakra, but there are also feelings in the chest and abdomen. What's the problem with that?

Si Shui 2021-01-11 22:01:33 Wind, now when I fall in love, I feel特别 (especially) painful.

Wind 2021-01-11 22:02:15 Try using the Release Method.

Of course, isn't everyone here to learn releasing? The purpose of my隐居 (seclusion) is because the Release Method actually doesn't need a teacher. If I stay here answering a large number of mental questions, it反而 (on the contrary) becomes an obstacle. The method is actually very simple. When you try to交流 (communicate), you are actually trying to find a mental understanding. So I say communication is actually using the mind to mutually误导 (mislead). Implement the Six Steps, release continuously. The Six Steps are everything you need to know at the knowledge level. Better not do that.

Li 2021-01-11 22:08:09 Thank you for the teacher's answer [rose]. As long as I practice more, can I learn the Release Method? I feel so stupid [facepalm]. I've been practicing for a while, and I still feel like there's no progress.

Wind 2021-01-11 22:08:12 If you haven't mastered it, use the Process again. Until you master it. But if your head is filled with others' conceptualized experiences or tricks, you will go astray.

2021-01-11 It is not recommended that people summarize their experiences into methods

Wind 2021-01-11 22:09:22 So I do not recommend that people summarize their experiences into methods. Always return to the original Process.

At 2021-01-11 22:10:47

===== Page 55 =====

Always return to the original Process.

Wind 2021-01-11 22:12:15

The complete Process

First, you need to relax your body. Once you find yourself用力 (using effort) to release, you need to stop and relax your body. Because many people, due to past wrong habits, are used to用力 (using effort). When releasing, if you try to find a feeling, that is avoiding the current feeling. You are avoiding the current feeling 24 hours a day, 7 days a week.

Si Shui 2021-01-11 22:15:09 @Wind I always want to avoid doing practice, what should I do?

Wind 2021-01-11 22:15:28 Release on it. Notice it and release. Releasing is very simple, very轻松 (easy). Releasing is not an activity that requires you to expend a lot of energy. Some people may have wrong concepts about releasing due to previous wrong practice methods.

Accept unclear feelings. An unclear feeling is a kind of feeling. You need to recognize this. There is no moment when you don't have a feeling. There are only moments when you don't treat a feeling as a feeling. Lester Levenson specifically mentioned this *vague feeling*. The *vague feeling* is because you are avoiding the feeling. Go feel your vagueness.

gydx 2021-01-11 22:18:49 @Wind Have you practiced the Release Method in all your past lives?

Wind 2021-01-11 22:19:07 No. The Release Method is appearing for the first time.

When you ask yourself the questions, are they thoughts in your mind? In the stage from releasing emotions to releasing *wants*, you can trace up from emotions to *wants*. This is also the way of the course. Once you are familiar, you can directly release *wants*. Relax a bit more.

===== Page 56 =====

Wind 2021-01-11 22:24:14 *Will power* is only related to this. Use the Process. Don't mind the experiences. They will change as you release.

gydx 2021-01-11 22:25:11

Wind 2021-01-11 22:26:09 But the most basic experience of releasing is becoming lighter and happier. Just be willing. Choosing to identify with your infinite existence or with the body is 完全 (complete) free will. To release is to choose to identify with your infinite existence.

Sui Le 2021-01-11 22:27:11

Sui Le 2021-01-11 22:27:11 @Wind When releasing, energy flows to the edge and then stops, doesn't flow out and disappear. It should be dissolving, right? Is this being stuck?

Wind 2021-01-11 22:27:14

Wind 2021-01-11 22:27:14 Yes, every release makes you *move up*. This is being stuck. In fact, if you pay too much attention to physical sensations, you will get stuck. Because *feeling* is a psychological thing. That's what you truly release. The physical sensations you experience – coolness, heat, energy dissipating, tightness becoming 通畅 (clear) – those are 伴随 (accompanying) the release of emotions. It will have a little effect, release a little, but far less than the power of the release Process. *get everything by releasing only*. As long as you have a *want*, get it through releasing. Feelings drive thoughts. Wanting is a kind of feeling, a basic feeling. For example, the exercises in the workbook: Where do you want to get control from? Where do you want to get approval from? Doing these exercises is feasible. Pay attention to psychological feelings, not physical sensations.

gydx 2021-01-11 22:32:24 @Wind What does "*get everything by releasing*" mean? [smile]

Wind 2021-01-11 22:32:36 Get everything you want solely through releasing.

===== Page 57 =====

Beautiful Life 2021-01-11 22:34:22 @Wind Every time I feel like I've released an emotion, I burp or pass gas. Is that normal? [laugh]

Wang Jihong 2021-01-11 22:34:32 @Wind What does it mean when Lester Levenson always asks you to confirm your *gain*?

Wind 2021-01-11 22:34:54 Pay attention to your "no feeling." These reactions are normal. This is confirming the role of the Sixth Step.

Qing Kong Wan Li 483 2021-01-11 22:35:27 @Wind "No feeling" means wanting to have a feeling, right?

Wind 2021-01-11 22:35:36 Every release brings you a benefit. For example, after releasing a heavy emotion, you become happier.

Qing Kong Wan Li 483 2021-01-11 22:35:59 Previously, I could feel the用力 (effort) in my chest and abdomen. Now I can't feel it.

Wind 2021-01-11 22:36:04 A long-standing habit released. A goal achieved. These are all gains. Record them. They provide motivation for continuous releasing. This is also a relatively important point.

Just the accompanying physical sensations: no feeling is a *vague feeling*, or a不明显 (not obvious) feeling. Consciously pay attention to your vagueness. This will bring great help. First, notice it. Don't be so急 (anxious). If, when you go to feel, your feeling is "no feeling," at this time, don't look for another feeling. Just allow this "no feeling" to be here. First, don't do that. First, pay attention to this "no feeling," or blank feeling. Consciously pay attention to it, until you recognize it as a feeling. No feeling, the *vague feeling*, is just you avoiding the feeling. It's not that there really is no feeling.

===== Page 58 =====

The first feeling you suppressed is the fear of death (*wanting to survive*). Then you developed *wanting approval and control*. They developed the nine *emotion categories*. And many, many individual feelings. In the Release Method, when we say *emotion*, we refer to the nine emotions like *agflap cap*. When we say *feeling*, individual feelings, emotions, *wants* – all are feelings.

Combining the above, I've organized a paragraph!!!

Wind 2021-01-11 22:37:19 Just the accompanying physical sensations: no feeling is a *vague feeling*, or a不明显 (not obvious) feeling. Consciously pay attention to your vagueness. This will bring great help. First, notice it. Don't be so急 (anxious). If, when you go to feel, your feeling is "no feeling," at this time, don't look for another feeling. Just allow this "no feeling" to be here. First, don't do that. First, pay attention to this "no feeling," or blank feeling. Consciously pay attention to it, until you recognize it as a feeling. No feeling, the *vague feeling*, is just you avoiding the feeling. It's not that there really is no feeling. The first feeling you suppressed is the fear of death (*wanting to survive*). Then you developed *wanting approval and control*. They developed the nine *emotion categories*. And many, many individual feelings. In the Release Method, when we say *emotion*, we refer to the nine emotions like *agflap cap*. When we say *feeling*, individual feelings, emotions, *wants* – all are feelings.

2021-01-11 All you need to complete the journey are the Six Steps

Wind 2021-01-11 22:44:55 Continue the Process. You can also directly release this anxiety. Get familiar with releasing emotions.

Many people, in the stage of releasing emotions, don't treat many emotions as emotions. For example, the *vague feeling*. They think it's no feeling. It's impossible for you to have no feeling. You are avoiding feelings 24 hours a day.

Beautiful Life 2021-01-11 22:48:42

===== Page 59 =====

Recognizing that "no feeling" is also a feeling, then what?

Wind 2021-01-11 22:48:57 Then release.

Ming Kong 2021-01-11 22:49:07 @Wind Feeling imperfect, not优秀 (good enough), unworthy to survive in the world. How to release?

Wind 2021-01-11 22:49:27 Recognize that this is just a feeling, then release.

Beautiful Life 2021-01-11 22:49:37 Can you guide me a bit?

Wind 2021-01-11 22:49:38 The Release Method is really this simple. I won't guide now. You'd better practice with the videos. Once you learn this Process, practice it yourself.

make it a do-it-yourself tool. Yes.

Hatred is just a feeling. You can feel it. You can release it using the same simple Process.

You can release the *want* to change this *vague feeling*. Then it will become clear.

Zhou Zhou 2021-01-11 22:52:52 After releasing everything, completing the whole process, is there a feeling of both joy and sadness?

Wind 2021-01-11 22:53:05 Only joy. If you feel sad, that's a feeling, you can release it. Joy can also be released. What happens after releasing? You become happier.

Elizabeth Zhang 2021-01-11 22:54:10 I find that sometimes thoughts and feelings are not in sync. For example, in my thoughts, I think I want to control something. After failing to release it, I later discover that I actually want to change something else. But this feeling is藏 (hidden) very deep. It seems to require very deep insight.

===== Page 60 =====

Wind 2021-01-11 22:54:08 No need. If you 掺入 (mix in) other things, you will make this method highly 复杂 (complicated). Then it loses its effectiveness. Don't analyze.

Elizabeth Zhang 2021-01-11 22:55:48 If we take the state of eating as an example.

Wind 2021-01-11 22:50:50 Try to use intuition to answer those questions. Feel your *want*. Ask yourself if it's *wanting control* or *wanting approval*. Answer intuitively. Okay, allow yourself to become more aware of this *wanting control*. Then ask yourself if you can let it leave. This process ends.

Once you are familiar with releasing emotions, you can practice releasing *wants*. Once you are 熟练 (proficient) at releasing *wants*, you can directly release *wants*. Wanting is just wanting. *Wanting control* is often accompanied by a feeling of effort. *Wanting approval* is wanting to be approved by others, wanting to be understood, wanting to be praised, wanting to be loved... These concepts are already very simple, so don't analyze them. Using a series of other concepts to explain one concept is just a mental game. Language 转换 (conversion) cannot bring you experience.

Wang Jihong 2021-01-11 22:03:13 @Wind What happens after releasing joy?

===== Page 61 =====

Wind 2021-01-11 22:03:24 More joy.

Wang Jihong 2021-01-11 22:03:46 Okay, thank you.

Ming Kong 2021-01-11 22:05:10 @Wind May I ask if Yang Dingyi is free? I've always wanted to ask but didn't dare.

Wind 2021-01-11 22:05:31 Don't ask me to make such 认证 (certifications) [grin]. Free or not free, experience it for yourself. Ramana Maharshi is free, Lester Levenson often mentioned him, but his method is no longer applicable. Very few people on this planet can use this method.

Elizabeth Zhang 2021-01-11 22:09:37 *Ramana's Direct Teachings (Serial 1)*
[<https://mp.weixin.qq.com/s/Hz4Tq0APWiQBS91oEGVyLw>]

Wind 2021-01-11 22:09:43 Before the Release Method emerged, *Kriya Yoga* was the fastest method. Yogananda called it the airplane path. Of course, currently, those who become free through the Release Method all complete it themselves. The students Lester Levenson kept by his side, teaching, 反而 (on the contrary) did not become free. Because they developed dependence. This 拖累 (holds back) their own progress. The Release Method is the rocket path. Yogananda left his body after seeing that Lester Levenson was about to awaken. Lester Levenson awakened in April 1952. There are *Avatars* and *Jivanmuktas*. An *Avatar* is someone who has already attained complete freedom and descends. It's not *Surya Kriya*. It's *Kriya Yoga* from Babaji to Yogananda. Awakening is a matter of 完全 (complete) free will. In other matters, there is no free will. Only one thing has free will:

===== Page 62 =====

That is choosing to identify with your infinite existence, or identifying with your body.

At 2021-01-11 23:16:15 Still, one must go through releasing to truly choose identification.

gydx 2021-01-11 23:16:55 @Wind Religions are all in the name of liberation. Why haven't these methods originated within religious sects today?

Wind 2021-01-11 23:17:13 It's not about the form of religion. Buddha and Jesus were great teachers.

At 2021-01-11 23:18:04 Are they still on the *causal body* level now?

Wind 2021-01-11 23:18:06 But after many generations of 传承 (transmission), their later disciples did not accurately transmit their teachings. Lester Levenson talks about this in the videos. If you don't want freedom, even if you encounter the Release Method, you won't use it according to the Six Steps. Hale Dwoskin himself is a Release Method teacher and 指导员 (instructor).

At 2021-01-11 23:21:13 Then most people are in this situation.

Wind 2021-01-11 23:21:28 But he chose to follow his beliefs, changed the simple Process, instead of releasing continuously.

gydx 2021-01-11 23:21:56 @Wind So, is the will to want freedom predetermined by karma?

Wind 2021-01-11 23:22:05 Then mix in a little something, mix in a little more something. Filling the mind with concepts. This replaces actual releasing to freedom. The will to want freedom is beyond karma. Anyone can make that decision at any time.

2021-01-11 The Release Method works on the feeling level

Wind 2021-01-11 23:24:35 The Release Method works on the *feeling* level. However, if you release from the level of *emotion categories*, clearing one *emotion category* would take hundreds or thousands of lifetimes. Releasing from the level of the three basic *wants* takes only a month.

===== Page 63 =====

Because when you release a basic *want* once, all the emotions above it are gone. If you release thoughts, it would take hundreds of thousands of lifetimes multiplied by hundreds of thousands – this is too inefficient. The 真正的 (real) Release Method releases the basic *wants*: *wanting control*, *wanting approval*, *wanting safety/survival* (fear of death).

hai 2021-01-11 23:27:17 This is what 特别 (particularly) troubles me. Why do I still feel like crying after releasing a *want*? Shouldn't this emotion be gone?

Wind 2021-01-11 23:28:30 Continue releasing.

Dang Xia 2021-01-11 23:28:44 Lost a lot of money in business,产生 (generating) emotions like regret, frustration,失落 (loss), etc. Seeing behind the emotions is *wanting safety*. Then release the safety *want*. Is that correct? @Wind

Wind 2021-01-11 23:24:35 Yes.

Elizabeth Zhang 2021-01-11 23:29:41 I tried an experiment today. Releasing in the mind容易 (easily) uses effort. So I wrote down the problem and wrote repeatedly, filling seven or eight large sheets. Self-question and self-answer. Felt like the mind wasn't用力 (using effort) so much.

Wind 2021-01-11 23:30:39 No need to write.

Elizabeth Zhang 2021-01-11 23:30:39 Self-dialogue?

Wind 2021-01-11 23:30:52 This also counts as changing the release process. Because the Release Method doesn't need any self-dialogue. Face one feeling at a time and release. If they all surge out at once, of course you'll lose control.

Xiao Tang 2021-01-11 23:31:57 How to release a goal?

Wind 2021-01-11 23:32:003 So don't be急 (anxious) when releasing, relax.

===== Page 64 =====

Release one feeling at a time. Releasing a goal is very simple: release all your feelings about the goal.

Xiao Tang 2021-01-11 23:33:43 Are these also control and approval?

Wind 2021-01-11 23:34:15 Of course. If *wanting safety* emerges, release that. Once mastered, you only need to release three things. *Wanting control*, *wanting approval*, *wanting safety*. These cover all feelings. *Wanting safety* is underneath *wanting control and approval*.

gydx 2021-01-11 23:35:16 ⊕ Wind Why not directly release the *want for safety*?

Wind 2021-01-11 23:35:16 You can only directly face *wanting safety* after releasing enough *wanting control and approval*. Otherwise, you will constantly want to逃避 (avoid). *Wanting control and approval* will keep surfacing.

Dang Xia 2021-01-11 23:36:55 Is the material world意识 (consciousness) using energy to manifest?

Wind 2021-01-11 23:37:43 The material world is just the manifestation of thoughts. All your thoughts, subconscious thoughts plus conscious thoughts. Then it becomes easier to face *wanting safety*.

gydx 2021-01-11 23:39:34 ⊕ Wind "Easier" in what aspect?

Wind 2021-01-11 23:39:55 You won't immediately shrink back. *Wanting safety* is again the fear of death.

Xiao Tang 2021-01-11 23:40:03 ⊕ Wind, from your高度 (perspective), any advice on children's education?

Wind 2021-01-11 23:40:04 Lester Levenson gave advice. *A child should never be left to cry. It is not lung exercise. It's cruel to let a child cry without finding out what he wants and taking care of it. This taking care*

===== Page 65 =====

of the needs of children would alleviate much of their insecurity in adulthood.

Education today is a total miseducation.

You take an infinite being and you try to jam rote stuff into him, stifling his capacity to evolve and be creative. You're also stifling his evolution.

Do you have to teach a flower how to grow beautiful? We should have the same attitude toward a child. We should allow the child to evolve naturally, to express his inner abilities.

When you look at it that way, you can see how confining our educational system is. Take the colleges. They tell you must learn to think for yourself. But if you think differently from the professors, you flunk.

In my first term in college, I was told, "Now that I'm in college, I should think for myself." So I started doing it. The first two marking periods I flunked all the subjects where I had to think for myself.

I really struggled with it, until finally I asked one of the professors if he would allow me to see the exam papers of the others who got good marks.

I read the mind discovered that they were giving him back exactly what he was telling us. Then I saw the whole picture if I thought the way he thought, I was smart; if I didn't, I was dumb, even though he told me to think for myself.

===== Page 66 =====

So it's not true that they want you to think for yourself; they want you to think the way they think.

After that, it was easy. kept excellent note sand made sure I always gave back the prof his ideas. With the least amount of studying, I got the best marks.

gydx 2021-01-11 23:41:31 @Wind Does it mean the heart has more strength to face *wanting safety*? It can be said like that.

gydx 2021-01-11 23:43:29 @Wind Are the *wants* for control and approval easier to face than the *want for safety*?

Wind 2021-01-11 23:43:45 Yes, because they are on the surface. Anytime, if *wanting safety* surfaces to the surface, you release it. If there are still many *wanting control and approval* on the surface, then you release *wanting control and approval*.

Elizabeth Zhang 2021-01-11 23:45:30 Releasing all feelings about a goal, why is there eventually a feeling of love? What's the difference from the feeling of already having it? Does "no feeling" count as releasing all feelings? I often feel believe I have it, or好像 (as if) I've released all feelings. But I can't go further. How should I guide myself? Ask myself if I want to feel that I already have it?

Wind 2021-01-11 23:46:33 Releasing is not uncomfortable, it's simple and轻松 (easy). Pure love is your infinite existence itself. After feeling that you have it, you can continue releasing. If you're stuck here, there is a feeling of stuckness. You feel this stuckness, and want to change it? Then you release this *wanting to change*. A very simple Process.

Elizabeth Zhang 2021-01-11 23:48:24 What appears after releasing the stuckness? Love? Or no feeling?

Dang Xia 2021-01-11 23:48:28 Yesterday afternoon at 2 o'clock, I suddenly wanted to test the game of manifestation. I thought that by 6 o'clock, I would receive at least 500 yuan,

===== Page 67 =====

money, no matter how. Then I made myself believe, and noticed the thoughts of disbelief in my mind. By 7 pm, there was still no sign of receiving money. I felt坦然 (calm), not frustrated. Then I picked up my phone and saw that someone had "reasonably" sent me 500 yuan, exactly 500, no more, no less. I was very surprised at the time. Can this be explained?

Wind 2021-01-11 23:48:51

There won't be "no feeling." Complete no feeling is *Nirvana*. This is an indescribable eternal stillness. Release all your feelings about the goal until the goal is achieved.

Elizabeth Zhang 2021-01-11 23:50:51 "If the day is unknown, does it need to be daily? Or is goal achievement a feeling, not the day it happens?"

Wind 2021-01-11 23:52:01 When you completely release on the goal, you will feel that it is already yours. Actually, at this moment, the goal has already been achieved. Completely released, you will feel complete possession, and the mind will no longer revolve around it. You will naturally let it go. Soon it will arrive. Because it has already been achieved, the material world只是 (just) delays displaying it.

hai 2021-01-11 23:52:48 How to release the feeling of impossibility?

Wind 2021-01-11 23:48:28 Because it has already been achieved, the material world just delays displaying it. The feeling of impossibility is also a feeling. Same Process. The fastest is to release the three basic *wants*.

Beautiful Life 2021-01-11 23:54:04 @Wind Releasing myopia, feels like no feelings left, but still sees objects blurry. What to do next?

Wind 2021-01-11 23:54:23 How could there be no feelings? This is the same problem. It's impossible for you to have no feelings. Unless you are already completely free, you are infinite existence. "No feeling" is also a feeling.

===== Page 68 =====

A *vague feeling*. Just continue releasing it.

Beautiful Life 2021-01-11 23:56:12 This is the hardest to release.

Wind 2021-01-11 23:56:29 Relax. Treat it as a simple feeling to release.

hai 2021-01-11 23:56:47 Can I release the *wanting control* over this feeling of impossibility? Can this also be released?

Wind 2021-01-11 23:57:57 When stuck, you can release like this.

gydx 2021-01-12 00:00:26 @Wind Are the *wants* for control and approval easier to face than the *want for safety*? Yes, because they are on the surface. @Wind Why are they easier to face because they are on the surface?

Wind 2021-01-12 00:02:06 Because you only need to allow them to surface. Some you might not have identified. *Wanting control* is wanting things to happen your way. *Wanting approval* is wanting others to 认可 (approve of) you.

Zai Yan 2021-01-12 00:02:14 It's late. Everyone, no more questions. Let the teacher rest.

gydx 2021-01-12 00:02:16 Then why have I always noticed *wanting safety* since I was a child? @Wind

Wind 2021-01-12 00:02:53 Some you might not have identified. *Wanting control* is wanting things to happen your way. *Wanting approval* is wanting others to 认可 (approve of) you.

gydx 2021-01-12 00:04:55 @Wind Yes, okay. I'm so grateful for Wind's hard work in explaining. It's too late, teacher, rest early.

2021-01-12 Practicing the Release Method requires no additional operations

Wind 2021-01-12 22:07:12 Relax, relax the body. Keep it simple and practice.

===== Page 69 =====

My obstacle is not relaxing enough?

Wind 2021-01-12 22:07:50 Practicing the Release Method requires no additional operations. No operations outside the Process.

Yellow 2021-01-12 22:08:43 I don't intentionally exHale Dwoskin [bitter].

Wind 2021-01-12 22:09:27 A habit. The way to change a habit is to notice it, then relax and keep it simple.

It took me a long time back then to find the feeling of releasing for the first time. The Release Method suits everyone. Practice simply, and then you'll get it. Back then, it also took me a long time to find the feeling of releasing. Because I analyzed too much. The less you analyze, the more you stay relaxed, just using it, the faster you learn. Try it this way.

[Chat log]

Let me share the simplest way. Relax. You don't need to feel everything at once. Just feeling a part of it is enough to release.

2021-01-13 The Release Method suits everyone, practice simply, and then you'll get it

Wind 2021-01-13 08:58 It took me a long time back then to find the feeling of releasing for the first time. The Release Method suits everyone. Practice simply, and then you'll get it. Back then, it also took me a long time to find the feeling of releasing. Because I analyzed too much. The less you analyze, the more you stay relaxed, just using it, the faster you learn. Try it this way.

Wind 2021-01-13 09:04 [WHATAMI and Wind's chat log] [WHATAMI: Those people in the videos, when they first learn to release *wants*, as soon as they notice it, it's gone, just like you said. Wind: When first learning to release *wants*, you can start from emotions and trace upwards. Wind: This is also the design of the course...]

===== Page 70 =====

Let me share the simplest way. Relax. You don't need to feel everything at once. Just feeling a part of it is enough to release.

2021-01-17 Wind and Tiancheng – When you are in cap, it means you still have corresponding negative emotions deep down

Tiancheng 2021-01-17 09:09:30 Clearing *agflap* means clearing the karma of the material world, right? The remaining *cap* is the karma of the *astral* and *causal bodies*?

Wind 2021-01-17 09:10:16 Not exactly.

Tiancheng 2021-01-17 09:10:31 Then how is it?

Wind 2021-01-17 09:10:34 *cap* is *sattvic* karma.

Tiancheng 2021-01-17 09:11:07 Then clearing to what point clears the karma of the material world?

image[[50, 485, 359, 870]]

Tiancheng 2021-01-17 09:11:27 Can you answer this question?

===== Page 71 =====

Wind 2021-01-17 09:12:01 The issue is that Lester Levenson often talks about releasing *agflap*, but doesn't talk about releasing *cap*.

Tiancheng 2021-01-17 09:12:29 Why does he say that?

Wind 2021-01-17 09:12:29 Because *cap* are the所谓的 (so-called) positive emotions: Courage, Acceptance, Peace. *cap* will eat *agflap*. Under Courage, you will naturally tend to take good actions. In Acceptance, you accept original harmony and perfection.

Tiancheng 2021-01-17 09:13:48 What is mastering the mind? Getting rid of your *agflap*, that's all. Then you truly control the mind, you can play any feeling, any action you choose is without any worry.

Wind 2021-01-17 09:14:33 But when you reach *cap*, you won't remove all *agflap*.

Tiancheng 2021-01-17 09:14:34 Here Lester Levenson says, clearing *agflap*, you can master the mind. At this time, is the mind still there?

Wind 2021-01-17 09:14:57 You must release *wanting control and approval* to remove all *agflap*. Release the fear of death. This is like many people asking, why release *cap*?

Tiancheng 2021-01-17 09:15:51 Releasing the fear of death clears the entire mind.

Wind 2021-01-17 09:16:12 Because it is not the top. *cap* is relative. No, don't misunderstand this point.

Tiancheng 2021-01-17 09:16:48 Releasing the fear of death clears the entire mind. Is this it?

Wind 2021-01-17 09:16:51 It's not that you remove *agflap*, reach a stage, and then remove *cap*. Rather, even if you reach *cap*, before you release the three *wants*, you won't彻底 (completely) clear *agflap*. Because *cap* are the所谓的 (so-called) good feelings. And good feelings correspond to bad feelings. Regarding good feelings, if you want to control them, you will develop fear – fear of losing them. If you want more, you will develop craving – wanting to get more good feelings. If you don't reach the top, *agflap* will be continuously developed. Unless you reach "*Nirbikalpa Samadhi*", making infinite existence your eternal identification. At this point, you will no longer develop *agflap*.

Tiancheng 2021-01-17 09:19:41 Can releasing enough *wanting control and approval* lead to "*Nirbikalpa Samadhi*"?

===== Page 72 =====

Wind 2021-01-17 09:19:51 You also need to release the fear of death.

Tiancheng 2021-01-17 09:20:16 Do you need to release until you接触 (contact) the deeper feeling of separation to reach "*Nirbikalpa Samadhi*"?

Wind 2021-01-17 09:20:16 Release the separation feeling of being this body. At the moment you release it, you will reach *Samadhi*, because you identify with infinite existence.

Tiancheng 2021-01-17 09:26:13 Is this sentence correct?

Wind 2021-01-17 09:27:15 Being in *cap* only means your current emotional state has reached *cap*. It can be said that your garbage has been cleared to a certain extent.

Tiancheng 2021-01-17 09:37:43

===== Page 73 =====

Here Lester Levenson says, clearing *agflap*, you can master the mind. At this time, is the mind still there?

image[[108, 177, 485, 613]]

Tiancheng 2021-01-17 09:37:59 Does your answer here correspond to 1 or 2?

Tiancheng 2021-01-17 09:38:35 It's more about the question above. Because you misunderstood Lester Levenson's words. You divided it into two stages: "master the mind" and "clear the mind." Lester Levenson didn't mean that.

Tiancheng 2021-01-17 09:39:54 What did Lester Levenson mean?

Tiancheng 2021-01-17 09:40:11 It's not that complicated. Release the three *wants*, clear all *agflap*. Then you are free. Once free, you can master the mind. To clear all *agflap*, you need to reach imperturbability. Just *cap* is not enough.

===== Page 74 =====

When you are in *cap*, it means you still have corresponding negative emotions deep down. But in the state of *cap*, you are more capable of digging down to release those very deep feelings.

2021-02-03 Releasing while playing Mahjong

Wind 2021-02-03 11:55:31 Try to relax and see.

Bethlehem Star 2021-02-03 11:55:43 Okay.

Wind 2021-02-03 11:56:01 No need to make it very obvious before releasing. If you make releasing very painful, then of course you won't want to release.

Bethlehem Star 2021-02-03 11:57:02 True.

Wind 2021-02-03 11:57:03 Have a bit of an exploratory mindset, a relaxed mindset. See what happens after asking the questions. Don't be so 苦哈哈 (miserable) [laugh]. Releasing is not homework.

Bethlehem Star 2021-02-03 11:57:42 You really understand me [laugh][laugh]. Okay, I'll try to be more relaxed.

Wind 2021-02-03 11:58:48 For example, a table of people sitting playing Mahjong. You touch a tile with one hand, and casually say, "Oh really? Then bring on a Cadillac." Hmm, seems a bit feels impossible? *Wanting control* or *wanting approval*? Seems like *wanting approval*. Can you let it go and be free? Seems like it. Check again, seems a bit lighter. Has my Cadillac arrived yet? Damn, not yet. This is *wanting control* and *wanting approval*! Release like this [loud cry]. While touching Mahjong, you can get the Cadillac delivered.

While touching Mahjong, you can get the Cadillac delivered.

Bethlehem Star 2021-02-03 12:01:40 Relearning.

===== Page 75 =====

Wind 2021-02-03 12:01:44 After you finish playing Mahjong, having released enough, you go outside and there's a Cadillac at the door.

2021-02-03 Before completely releasing the mind, there will be a preview of infinite existence

Wind 2021-02-03 17:47:20 Before you completely release the mind, you will have a preview of infinite existence. That is to say, although you haven't完全 (completely) released the entire mental program, there will be moments when the mind steps into the background. At these moments, your mind is completely still, temporarily. So at this moment, you can experience infinite existence and have a preview of it. This can greatly increase your longing for freedom. Because you will discover that nothing you obtain in the world can compare to a ten-thousandth of that happiness. Every moment in the world, compared to that state, is torment. After this, your releasing is different.

Yes. I am talking about "*Nirbikalpa Samadhi*". If you reach "*Sabikalpa Samadhi*", the experience is actually the same as "*Nirbikalpa Samadhi*". They both接觸 (contact) infinite existence. But the seeds still operate. You may know that state exists, yet the world still holds temptation for you. But the moment you reach "*Nirbikalpa Samadhi*", those seeds instantly lose their power. Then releasing becomes very different. Every decision you make naturally朝向 (towards) freedom. Releasing simply cannot stop. And you will frequently enter *Samadhi*. You will frequently接觸 (contact) the infinite. Each time, it takes away many of your *wants*.

Xiao Li 2021-02-23 17:48:12 Tearing the veil of *Maya* is penetrating the mystery of creation. Those yogis who reveal the universe in this way are the true, only theists. All others are just worshiping idols. As long as a person remains subject to the dual illusion of nature, the two-faced *Maya* remains his goddess, and he cannot know the true,唯一 (only) God. The world's illusion *Maya*, also called "*avidya*", literally means "non-knowledge", ignorance, delusion. *Maya* or *avidya* cannot be destroyed by intellectual belief or analysis, only through the state of inner "*Nirbikalpa Samadhi*". The prophets in the Old Testament and the prophets of all places and all times prophesied in this state.

Wind 2021-02-23 17:48:50 Belief implantation is completely ineffective.

===== Page 76 =====

2021-02-04 The Sixth Step includes not only happiness, I want to express that there is also greater ease and freedom from limitations

Wind in the Evening Hearing Evening Cicada 2020-12-04 13:30:46

Wind in the Evening Hearing Evening Cicada 2020-12-04 13:30:46 I discovered that I am stuck on the supposed physical sensation of releasing. Teacher Wind said the correct releasing physical sensation is feeling energy...

Xiao Li 2020-12-04 13:34:39

Xiao Li 2020-12-04 13:34:39 Oh oh, correct release uses the Sixth Step to verify. The Sixth Step includes not only a sense of happiness. Yes, don't focus on the physical sensation of energy dissipating and leaving. To verify release, use the Sixth Step.

Light Dancing Wind 2020-12-04 15:06:36 @One After releasing, must we emphasize the sense of happiness?

Xiao Li 2020-12-04 15:48:58

Xiao Li 2020-12-04 15:48:58 You need to clearly verify the Sixth Step, and you will find that releasing is very simple. Otherwise, the mind will think its own release is correct. Only then have you truly learned to release. If you haven't verified the Sixth Step, in fact, the third step of the Six Steps hasn't been activated.

Z0EY 2020-12-04 16:44:52

Z0EY 2020-12-04 16:44:52 The more you operate and use this technique, the more you will gain. You won't always feel the release immediately. Sometimes you might be doing the technique and know something happened, but you're not sure what. In fact, about a year ago, there was a student who took the course. She practiced for a long time, but when the course ended, the last thing she shared in class was: I still haven't successfully released once. However, I hadn't slept well for twenty years, but after the first day of the course, I slept well. Then she gradually gained other benefits and got all the benefits of the course. So if you're not sure if you're releasing, just stick with it. Because you may not be aware of every release, but as long as you keep practicing this technique, you will do it more and more easily, until you are sure you are releasing.

So if you're not sure if you're releasing, just stick with it. Because you may not be aware of every release, but as long as you keep practicing this technique, you will do it more and more easily, until you are sure you are releasing.

—— Dedicated to friends who have questions

Light Dancing Wind 2020-12-04 16:48:45

Light Dancing Wind 2020-12-04 16:48:45 I'm puzzled by the "every release brings a sense of happiness" mentioned in the group. So I feel maybe my progress is too slow, or my releasing isn't very thorough.

Xiao Li 2020-12-04 17:11:03

Xiao Li 2020-12-04 17:11:03 The Sixth Step includes not only happiness, I want to express that there is also greater ease, freedom from limitations. I stumbled on the aspect of happiness before. Only feeling peaceful, lighter, and more free from limitations, I later realized this is also the Sixth Step. At that time, I only remembered happiness.

===== Page 77 =====

Sixth Step: Every time you release, you become happier, lighter, freer from limitations. As you release, you will become increasingly happier, lighter, freer from limitations.

2021-02-22 Release well this one time, no need for any forcing

Wind 2021-02-22 14:00:23

Wind 2021-02-22 14:00:23 In the releasing process, the mind is what obstructs you. Its contents, the things you预设 (pre-set), even your idea of how long it will take you to release. This thought itself is obstructing you. Just do this one release well. No need to预设 (pre-set) that this one release will clear everything, or how many times it will take to clear everything. Just release, and then see what happens. Don't rush. Enjoy each release process. Keep using the release Process. Those things you find very hard to release – it's the mind telling you it's hard. Don't pay attention to the mind. Directly use the Process. Those things you think are very simple,微不足道 (insignificant), and thus ignore – it's the mind telling you they are微不足道 (insignificant). Don't pay attention to the mind either. Directly use the Process. Sometimes you see a feeling, and you think it's not the main one. You really want to release the main one, to finish quickly. So you suppress the feeling that has surfaced now, and this is very important. The mind's judgments about this being main, that being not main, have no basis. What surfaces is important. If you suppress it, you live in the mind. You are using the mind to预设 (pre-set) what you need to release, including how many times and how long. When truly releasing, you don't need to do this. Retain the possibility of releasing everything in one go.

Q 2021-02-22 14:05:17

What about physical sensations? Will they disappear later? Will it get better at the *cap* stage? If I don't become free, will they follow me for life?

Wind 2021-02-22 14:05:41

What feelings do you have about the physical sensations? Do you want to control them? Do you want to change them? Release this. If the physical sensations are troubling you, release this troubling. Use releasing to solve the problem.

Q 2021-02-22 14:06:12

I do want them to go away, I want to change.

Wind 2021-02-22 14:06:24

Wind 2021-02-22 14:06:24 A few releases can release a long-standing habit completely. Dare you imagine that? But many times, it's like this. It takes a few minutes, not a long,胶着 (deadlocked) struggle.

Q 2021-02-22 14:06:47

I预设 (pre-set) a long time, not a few minutes.

Another group member said 2021-02-22 14:06:57

===== Page 78 =====

I now dare to imagine it. As long as I release according to the Process, the method is correct. Even one release can be very powerful, let alone a few minutes.

Wind 2021-02-22 14:07:21

You see in the '92 videos, it takes a few minutes. Q: Sometimes I feel a few minutes is too long. I want to solve it instantly.

Wind 2021-02-22 14:07:30

If it takes too long, that means you are焦灼 (anxiously struggling), suppressing, not releasing. Then you are suppressing it. You are trying not to let it surface.

Q 2021-02-22 14:07:45

Regarding this suppression, how should I use the Process? Relax first?

Wind 2021-02-22 14:08:27

Relax, then pay attention to the most superficial feeling. Directly ask what it is. Don't wait, dig, or look for a special feeling. If you can't identify it, it's *wanting control*. No need to try hard to identify it precisely. Answer intuitively, just feel it. No need to try to maintain the habit of releasing. "Just consciously release well this one time. Don't try to maintain continuity. Release consciously once, then release consciously again. This is continuity. It's not using the mind to emphasize a concept of continuity." What So-and-so did in that intensive course, shouting every day to release continuously, giving pep talks. Actually, it was just releasing on the surface, using the mind to hold onto the concept of continuity. This kind of mental imagination is not真正的 (real) continuity; it's just trying to control. You cannot be forced to freedom. Freedom is the choice of free will. It cannot be the urging or forcing of circumstances. Because your circumstances are created by your mind. Release well this one time, no need for any forcing. Then you continuously choose to release. This is decision.

Shouting slogans is useless, staying in the mind, shouting slogans with a group of people, is even more useless. Collective unconsciousness, just like we see in ant colonies, acting collectively unconsciously. Independence is not about being unconventional in behavior, but about recognizing your全责 (total responsibility). Recognizing that freedom and non-freedom can only be decided by oneself. The mind is familiar to you, so you stay in it. Don't turn continuous releasing into a mental activity. Because the mind is familiar to you, you easily turn releasing into a mental activity too. Every release will bring something new, will expand

your mind. Don't face it with a habitual attitude. Treat every release as if it were your first time, and see what happens. Treat every feeling just as a feeling, face it, don't加戏 (add drama). If you look for external confirmation and find no change, then you immediately have a feeling you can release.

===== Page 79 =====

2021-02-28 Seeing a good method, the first reaction is to teach, share, develop courses; it's all futile work

Minnie 2021-02-28 12:28:38 Didn't the group disband? Another group is formed.

Wind 2021-02-28 12:42:26 Futile work. Seeing a good method, the first reaction is to teach, share, develop courses; it's all futile work. Tiancheng wants too much to talk about freedom, awakening, masters, and doesn't want to release. Yesterday he prayed for my help, actually he wanted me to give him something to逃避 (escape). I didn't respond to him. So he opened a group to整活 (do busywork). Just not continuing to release.

Wind 2021-02-28 12:48:59 [Wind and Tiancheng's chat log] [Tiancheng: Teacher Wind, I know you are now omnipresent. Tiancheng: I hope you can help me. Tiancheng: I hope to get your help. Tiancheng: Teacher Wind, I need your help.] Four consecutive messages. In a state of Grief.

I am Infinite 2021-02-28 12:50:05 @Wind In the future, will there be many organizations promoting the original Release Method?

Wind 2021-02-28 12:50:21 There will be some, but they are futile work. Teaching this, if taught incorrectly, there is also the risk of bearing karma. So many people like to do things on the edge of this "lake of fire".

2021-03-11 Kriyananda, is he free?

Tiancheng 2021-03-11 00:12:56 Kriyananda, is he free?

Wind 2021-03-11 00:13:28 No.

Tiancheng 2021-03-11 00:13:40 Has he reached Stream-entry? "*Nirbikalpa* Samadhi"?

===== Page 80 =====

Wind 2021-03-11 00:13:49 No. Same as Stephen.

Tiancheng 2021-03-11 00:14:03 Why?

Wind 2021-03-11 00:14:12 It's hard to explain. I also want to know why. I guess Lester Levenson and Yogananda also want to know.

Tiancheng 2021-03-11 00:14:29 Why is it so hard even when near a master?

Wind 2021-03-11 00:14:51 It's hard to become liberated near a master, because the dependence developed is very strong.

Wind 2021-03-11 00:14:58 This is also why masters choose to leave. They can拖累 (hold back) their disciples.

Tiancheng 2021-03-11 00:15:17 Lester Levenson mentioned in a video, "kill your master." Is it because of worship?

Wind 2021-03-11 00:16:21 Attributing power to the guru, thinking the guru is infinite existence, that's not a problem. But infinite existence is always within.

Tiancheng 2021-03-11 00:17:14 Okay.

2021-03-11 "Wind" is already a Jivanmukta

Tiancheng 2021-03-11 11:47:46 Teacher Wind, he said you have already entered *Samadhi*. Can you explain what that's about?

Wind 2021-03-11 11:49:20 What he said just means I have already entered ultimate freedom.

Tiancheng 2021-03-11 11:49:50 Meaning, you are now already a *Jivanmukta*?

Wind 2021-03-11 11:49:59 Yes.

Tiancheng 2021-03-11 11:50:04 (Oo) Wow Prostration to the master.

Wind 2021-03-11 11:50:17

===== Page 81 =====

Tiancheng 2021-03-11 11:50:23 So, have you canceled that agreement?

Wind 2021-03-11 11:50:42 Treat me as a friend. I canceled the agreement. But I won't teach for long, because there's really nothing to teach.

Tiancheng 2021-03-11 11:51:15 Thank you, teacher. You are indeed my teacher.

2021-03-11 Wind and Tiancheng – The reason you don't release is because you're afraid of losing your feelings, afraid you'll die, but actually you won't

Tiancheng 2021-03-11 12:59:06 Teacher Wind, I see you confirmed the Six Steps on 10.18. When exactly did you achieve Stream-entry? Before the 18th?

Wind 2021-03-11 13:00:11 I won't say which day I achieved Stream-entry or which day I became completely free. To prevent *silabbataparamasa* (attachment to rites and rituals).

Tiancheng 2021-03-11 13:01:19 Did you reach the终点 (destination) in the Himalayas?

Wind 2021-03-11 13:01:32 I went to the Himalayas to have fun after becoming free.

Tiancheng 2021-03-11 13:01:56 In Wuhan?

Wind 2021-03-11 13:02:07 I also won't say where I became free. These focal points are all wrong.

Let me talk about a key point. Don't fear freedom. Lester Levenson often talked to his students about this, don't fear freedom. Why? Almost everyone who uses the Release Method but doesn't use it to the极致 (extreme) fears freedom. From Lester Levenson's time to now. The reason you don't release is because you're afraid of losing your feelings, afraid you'll die. But actually you won't. Therefore, Lester Levenson constantly emphasized: You will not lose anything, you will only lose your suffering.

===== Page 82 =====

2021-03-11 When you avoid looking inward, you will engage in *busywork*

Wind 2021-03-11 13:07:00

Wind 2021-03-11 13:07:00 You do those things, you look outward for help from "masters." You should know that those things you do may seem related to freedom, but are actually just 拖延 (procrastination). Including organizing materials about me.

Tiancheng 2021-03-11 13:07:57 It's like that.

Wind 2021-03-11 13:08:00

Wind 2021-03-11 13:08:00 Including sharing. When you avoid looking inward, you will engage in *busywork*. You will do everything – except release. Your mind will tell you it's beneficial for freedom, or beneficial for the world.

Wind 2021-03-11 13:09:17 But that's just making you stop releasing.

Tiancheng 2021-03-11 13:09:30 Yes, I stopped.

Wind 2021-03-11 13:09:35 As long as you stop releasing, whatever you do, it's the opposite direction. I constantly emphasize this point. Talking about freedom doesn't make you free.

Tiancheng 2021-03-11 13:09:55 When I was organizing Master Yogananda's content and your content, I was struggling a lot.

Wind 2021-03-11 13:09:56 Continuous releasing does.

Tiancheng 2021-03-11 13:10:07 Yes. *Busywork*, what does it mean?

Wind 2021-03-11 13:10:32 A popular term means stirring up trouble, doing unnecessary things.

Tiancheng 2021-03-11 13:10:56 Yes, that's it. I'm逃避 (escaping).

Wind 2021-03-11 13:11:39 I can remind you now, but ultimately you have to remind yourself. Remind yourself, in the Six Steps?

Tiancheng 2021-03-11 13:12:10 Yes.

Tiancheng 2021-03-11 13:13:50

===== Page 83 =====

I want to ask, did Lester Levenson ever talk about knowing when I am doing *busywork*?

Wind 2021-03-11 13:14:37 You hope Lester Levenson talked about you?

Tiancheng 2021-03-11 13:14:46 Yes. I hope the master can pay attention to me.

Wind 2021-03-11 13:15:06 In fact, when you seek help outwardly, you should know you are in Grief.

Wind 2021-03-11 13:15:24 The master is yourself.

Tiancheng 2021-03-11 13:15:35 Yes.

Tiancheng 2021-03-11 13:15:48 Is there currently another person who has achieved Stream-entry?

Tiancheng 2021-03-11 13:15:56 Has Roller done it?

Wind 2021-03-11 13:15:59 No. He stopped.

Tiancheng 2021-03-11 13:16:14 Has he achieved the goal?

Wind 2021-03-11 13:16:17 No. He misunderstood himself, and at the same time, lied to others saying he was free. This caused him to dull his awareness. It will be very difficult for him to achieve freedom in this lifetime.

Wind 2021-03-11 13:16:54 This caused him to dull his awareness. It will be very difficult for him to achieve freedom in this lifetime.

Tiancheng 2021-03-11 13:17:10 Has he reached a high level?

Wind 2021-03-11 13:17:17 Not particularly high either. Not reaching the achievements of past lives.

===== Page 84 =====

2021-03-11 Wind and Tiancheng – If you don't release that tendency, you will go share again

Tiancheng 2021-3-11 13:28:01 Teacher Wind, I won't share anymore. I just disbanded that new group. I want to truly do it.

Wind 2021-3-11 13:29:49 I won't guide your actions, because actions are just actions. If you don't release that tendency, you will go share again [laugh].

Wind 2021-3-11 13:31:09 Roller went to force himself all night, left the group, shouted slogans. It was useless, because that was trying to use action to eliminate karma. This merely creates new karma. Only releasing is useful. If you don't release, your programs will continuously drive you to do those things. Therefore, don't think any action you take can bring you freedom. Deliberately acting, deliberately not acting – that's not what needs attention.

Tiancheng 2021-3-11 13:33:10 Yes.

2021-03-11 Fake masters profit through pretense, needing to dull their awareness

Tiancheng 2021-03-11 15:05:05 Teacher Wind, what does this mean?

Wind 2021-03-11 15:05:36 According to the order of results, there is a kind called *garukakamma*, 即 (that is) heavy karma. This is a very strong karma, definitely leading to rebirth in the next life. No other karma can 阻止 (prevent) it. It stops the functioning of good karma, including the good karma of *jhana*.

Tiancheng 2021-03-11 15:06:53 Did Roller cause this heavy karma by doing these things?

Wind 2021-03-11 15:08:06 First, a thought needs to arise.

Tiancheng 2021-03-11 15:08:10 Can the Release Method release this karma?

Wind 2021-03-11 15:08:12

===== Page 85 =====

A corresponding emotion needs to arise. Everyone originally has a clear consciousness. This clear consciousness is inherent within everyone. If you want to 遮蔽 (obscure) this, you need to generate a strong 冷漠 (apathy). This strong 冷漠 (apathy) covers the inner clear consciousness, or intuition. Then you can engage in *maha musavada* (grave false speech) without feeling that pain. And the more you do this in action, the stronger this covering becomes.

Wind 2021-03-11 15:10:13 Reincarnation. The Release Method can release anything. But using the Release Method also has some conditions. For example, a vegetative state person cannot consciously release. Extreme obscuration is like cutting off one's own hand without feeling pain. Only heavy karma causes this result.

Wind 2021-03-11 15:12:16 This is why when King Ajatashatru listened to the Buddha's discourse on the *Samannaphala Sutta*, although he had all the causes and conditions for realizing the path of *Sotapanna*, he could not attain the fruit of *Sotapanna*, because he had previously killed his father, King Bimbisara.

Tiancheng 2021-03-11 15:12:30 So, falsely claiming to have awakened is a very heavy karma?

Wind 2021-03-11 15:12:52 He can still do some shallow releasing, but once he tries to深入 (deepen) the release, that obscuration will form an irresistible obstacle.

Yes, that is a kind of *maha musavada* (grave false speech), and it requires *wrong view* to support it. Committing heavy karma is not easy. Heavy karma specifically refers to those few types.

Wind 2021-3-11 15:16:02 I have always not recommended people to teach the Release Method for a fee, because it has risks.

Tiancheng 2021-3-11 15:16:24 Is this also considered heavy karma?

Wind 2021-3-11 15:16:30 This is not heavy karma. But it has certain risks.

Wind 2021-03-11 15:16:53 The good karma among heavy karmas refers to the heavy karmas of *jhana*. The bad karma among heavy karmas refers to the five kinds: patricide, matricide, causing schism in the Sangha, drawing blood from a Buddha, killing an Arhat. Plus one more, unshakable *wrong view*. *Wrong view* is wrong views, everyone has them.

===== Page 86 =====

But when driven by *adhimana* (conceit, pride in attainment), it may develop into evil views.

Tiancheng 2021-3-11 15:18:23 What are the risks?

Wind 2021-03-11 15:19:05 Fake masters profit through pretense. This requires unshakable *wrong view* to support it. It also requires dulling one's own awareness. Otherwise, it would be very painful and the behavior couldn't be completed.

Tiancheng 2021-03-11 15:28:03 So many of Buddha's sutras, like the Lotus Sutra, were spoken by the Buddha?

Wind 2021-03-11 15:28:12 No.

Tiancheng 2021-03-11 15:28:27 The *Shurangama Sutra*?

Wind 2021-03-11 15:28:33 Its compilation process was very long.

Tiancheng 2021-03-11 15:28:36 The *Diamond Sutra*? Oh my god.

Wind 2021-03-11 15:28:42 Only the *Agamas* are原始 (original). But the *Agamas* were also modified by the sectarian Buddhism.

Tiancheng 2021-03-11 15:28:56 Only the *Agamas* were spoken by the Buddha?

Wind 2021-03-11 15:29:16 There were additions and rearrangements by commentators. I went back to the time of the Buddha. To personally witness the grand scene of the Buddha teaching.

Tiancheng 2021-03-11 15:30:38 Was it in the Himalayas with Master Babaji?

Wind 2021-03-11 15:30:44 Not then. Before that, I took a long journey through time and space.

Tiancheng 2021-03-11 15:32:39 I know I need to implement the Six Steps, but I find I can't in practice.

Wind 2021-03-11 15:32:57

===== Page 87 =====

Nothing is impossible. Implementing the Six Steps is very simple. Maintaining limitation is hard. See the feeling, let it leave. Clear all the feelings driving your thoughts. That's it.

Wind 2021-03-11 15:35:33 May I ask why you canceled the agreement? There is no why.

Wind 2021-03-11 15:36:05 After freedom, you don't need to live for cause and effect. After freedom, life just begins.

Tiancheng 2021-03-11 15:36:33 Does "cause and effect" here refer to that agreement?

Wind 2021-03-11 15:36:39 Before this, you lived mechanically in purpose and obstacles, within causal connections. After freedom, everything is a present decision, not based on past habits.

Tiancheng 2021-03-11 15:37:10 Was that agreement a past habit?

Wind 2021-03-11 15:37:19 I mean, there is no why.

Tiancheng 2021-03-11 15:37:35 Yes.

Wind 2021-03-11 15:37:38 The behavior of a completely liberated person is *kiriya* (functional, without karmic result). There is no why.

Tiancheng 2021-03-11 15:37:56 *Kiriya*?

Wind 2021-03-11 15:37:57 But it is *kiriya* that can best help everyone. Just behaving like that, no motive needed, therefore no need for因果 (cause and effect) in the causal realm.

Tiancheng 2021-03-11 15:38:40 Yes.

Tiancheng 2021-03-11 15:49:39 You said one week can reach "*Nirbikalpa* Samadhi" with continuous releasing.

Wind 2021-03-11 15:49:49 Enough.

===== Page 88 =====

Tiancheng 2021-03-11 18:33:02 Implementing the Six Steps for a month, can it really be done?

Wind 2021-03-11 18:33:42 Of course. Keep going.

Wind 2021-03-11 16:11:56 Before Jesus returns, there will be an era of frequent false prophets. This is created by people's collective consciousness. After the nuclear war, before Jesus returns, various false masters will appear. Those who claim to be public teachers are all false masters. These prophecies are already made in the Bible. It is a既定 (predetermined) future.

Wind 2021-03-11 16:35:35

Wind 2021-03-11 16:35:35 Mark 13:21-23, Matthew 24:23-26: "And then if anyone says to you, 'Look, here is the Christ!' or 'Look, there he is!' do not believe it. For false christs and false prophets will arise and perform signs and wonders, to lead astray, if possible, the elect. But be on guard; I have told you all things beforehand. And if anyone says to you then, 'Look, here is the Christ!' or 'Look, there he is!' do not believe it."

2021-03-11 Wind and Tiancheng – Hiccups are just physical sensations, they are a result

Tiancheng 2021-03-11 23:07:52 Just now, I found I made some progress.

Tiancheng 2021-03-11 23:08:19 This time, I didn't pay too much attention to physical reactions. I only used the Sixth Step to verify.

Wind 2021-03-11 23:08:40 Yes, that's right.

Tiancheng 2021-03-11 23:08:46 No matter how much I hiccupped, I ignored it. Are hiccups also the排出 (discharge) of karma?

Wind 2021-03-11 23:09:47 Just physical sensations. They are a result.

Tiancheng 2021-03-11 23:10:13 Are physical sensations unrelated to releasing? Are they an expression?

Wind 2021-03-11 23:10:34 Physical sensations are unrelated to releasing.

Wind 2021-03-11 23:10:41

===== Page 89 =====

They are merely a result.

Tiancheng 2021-03-11 23:10:51 Because normally I don't hiccup. When I release, I hiccup明显 (noticeably).

Wind 2021-03-11 23:11:15 It's just a result. You created that picture in your mind, so it happened. It has nothing to do with releasing itself.

Tiancheng 2021-03-11 23:11:47 Okay.

2021-03-11 Wind and Tiancheng – Will you lose your family after freedom?

Tiancheng 2021-03-11 23:18:18 Are you still in contact with your family now?

Wind 2021-03-11 23:18:31 No.

Tiancheng 2021-03-11 23:18:48 Can you tell me how you handled this matter?

Wind 2021-03-11 23:18:57 No need to handle.

Tiancheng 2021-03-11 23:19:10 I have some fear that I will lose my family after freedom, so I ask you this.

Wind 2021-03-11 23:19:18 Actually, you won't.

Tiancheng 2021-03-11 23:19:50 Masters today, after freedom, mostly live in隐居 (seclusion).

Wind 2021-03-11 23:20:06 There is also a kind of隐居 (seclusion) called居家 (living at home).

Wind 2021-03-11 23:20:11 Living an ordinary life.

Tiancheng 2021-03-11 23:20:27 Yes. After freedom, you don't lose anything. After freedom, you only lose your suffering.

Tiancheng 2021-03-11 23:23:57 Are the many worlds the Buddha spoke of, like the world of Amitabha, the *astral plane*? Or the *causal plane*.

Wind 2021-03-11 23:24:11 The Buddha didn't speak the *Amitabha Sutra*.

===== Page 90 =====

Tiancheng 2021-03-11 23:24:16 Ah!

Wind 2021-03-11 23:24:27 Those are later Mahayana scriptures.

Tiancheng 2021-03-11 23:24:31 So Amitabha Buddha doesn't exist?

Wind 2021-03-11 23:24:38 Scriptures after the schism of the schools. Already far from the Buddha's time. The Buddha only spoke about the Twelve Links of Dependent Origination and the Seven Factors of Awakening. The Four Noble Truths, the Noble Eightfold Path. Only spoke about the path to the cessation of suffering, the method to attain freedom. Did not discuss other knowledge. Including philosophy and the worlds of gods, etc.

Tiancheng 2021-03-11 23:26:04 Yes, teacher, was that Vimalakirti a master? The one in the *Vimalakirti Sutra*?

Tiancheng 2021-03-11 23:59:18 Can you know my every thought now?

Wind 2021-03-11 23:59:50 I can know all thoughts of all people.

Wind 2021-03-12 00:00:10 But I spent a lot of effort to bring myself down.

Wind 2021-03-12 00:00:21 To communicate effectively.

2021-03-12 If stuck, release wanting control, don't try hard to solve the stuckness

Tiancheng 2021-03-12 18:51:37 Today I actually tried many times. Many times I was stuck as hell. I would鼓舞 (encourage) myself, do it one more time. Try again. Try again.

Wind 2021-03-12 18:52:45 If stuck, release *wanting control*. Don't try hard to solve the stuckness.

Tiancheng 2021-03-12 18:53:17 Continuously no clarity.

Wind 2021-03-12 18:53:27 Release the *wanting control* that wants to solve the stuckness.

Wind 2021-03-12 18:53:36 Release the *wanting control* that wants to be clearer.

===== Page 91 =====

Only now do you see, this is a more superficial *wanting control*. If you try to control having clarity, you will continuously have no clarity.

Wind 2021-03-12 18:54:06 It's very simple, isn't it? Release *wanting control*, you will gain control.

Tiancheng 2021-03-12 18:54:48 I'll try again.

2021-03-13 Wind and Tiancheng – About Lester Levenson

Tiancheng 2021-03-13 00:49:34 Teacher, was the Buddha already free before he came?

Wind 2021-03-13 00:50:02 Yes, he蒙上 (put on) the veil of illusion.

Tiancheng 2021-03-13 00:50:18 Previously you said he became liberated in that lifetime.

Wind 2021-03-13 00:50:37 He was already free before he came.

Tiancheng 2021-03-13 00:51:42 After a free person comes to the world, does he still need to seek the path? Like Buddha, Kam, Xuesi (Note: a master from Taiwan, used Buddha's method. He realized it himself through缘觉 (pratyekabuddha), gave up Pa Auk's practice, observed the Twelve Links of Dependent Origination himself).

Wind 2021-03-13 00:52:08 Just showing you that at a certain time, the veil of illusion automatically lifts. What I told you in November, that Lester Levenson and Buddha were not free before, was wrong.

Tiancheng 2021-03-13 00:53:33 Was Lester Levenson already free before he came????

Wind 2021-03-13 00:53:43 Lester Levenson returned more than once.

Tiancheng 2021-03-13 00:53:56 Oh my god!!

Wind 2021-03-13 00:54:16 He reached "*Nirbikalpa Samadhi*" during the time I was his student.

Tiancheng 2021-03-13 00:54:17 Was he already a *Jivanmukta* before coming? When?

Wind 2021-03-13 00:54:52

===== Page 92 =====

Another point, in the Hindu tradition, the term *Jivanmukta* can be used to describe a Stream-enterer. The audio I translated during the Song Dynasty had a second half. The second half said Lester Levenson had *bad karma* and returned more than once. I thought knowing this would not benefit most people, but would反而 (on the contrary) be used as an excuse for their own inability. So I didn't translate the second half.

Tiancheng 2021-03-13 00:57:06 Was the Release Method still created in Lester Levenson's lifetime?

Wind 2021-03-13 00:57:15 Yes. Lester Levenson in that lifetime was a Zen master, using Linji Zen. In this lifetime, he重新 (re-)remembered the state of "*Nirbikalpa Samadhi*" through the same Zen method, i.e., focusing on a question. Then from *Samadhi*, he unearthed the Release Method and reached the终点 (destination).

Tiancheng 2021-03-13 01:00:49 Lester Levenson's highest achievement in past lives was "*Nirbikalpa Samadhi*"? He didn't seem to mention it in his autobiography.

Wind 2021-03-13 01:01:54 [2020-11-20 19:33:06 Group chat history] [This is why you shouldn't change anything. You cannot use the mind to change a method unearthed from *Samadhi*. Changing the question process is the work of a master. Anyone not awakened cannot do this work.]

Tiancheng 2021-03-13 01:06:06 Achieving *Samadhi* through focus, is that *Sabikalpa*?

Wind 2021-03-13 01:06:28 For Lester Levenson, it was "*Nirbikalpa Samadhi*", a method that can awaken. Of course, Lester Levenson had already achieved it in the past.

Tiancheng 2021-03-13 01:07:33 When you achieved "*Nirbikalpa Samadhi*", did you have this ability to unearth methods?

Wind 2021-03-13 01:07:45 He just重新 (re-)remembered it. At that time, I saw all 112 methods.

===== Page 93 =====

No omissions.

Tiancheng 2021-03-13 01:08:20 All these methods were obtained by masters from *Samadhi*?

Wind 2021-03-13 01:08:25 Yes. No methods were invented by the mind.

Tiancheng 2021-03-13 01:08:37 Is it possible to increase them?

Wind 2021-03-13 01:08:44 The number of paths will not increase.

Tiancheng 2021-03-13 01:08:59 Like Lester Levenson added one, the Release Method.

Wind 2021-03-13 01:09:03 Masters adjust the specific操作方法 (operational methods). Lester Levenson didn't新增 (add) the Release Method; it just hadn't been revealed before. The reason I say this is to tell you that methods similar to the Release Method are not the Release Method. There are many methods that look similar. Someone might tell you that "Four Foundations of Mindfulness" is the Release Method. Someone might say an ancient

method is the Release Method. Someone might say a modern method is the Release Method. But in fact, the Release Method is being unearthed for the first time.

Tiancheng 2021-03-13 01:12:36 So, was the Release Method specifically prepared for this era?

Wind 2021-03-13 01:12:44 Yes. Yogananda chose to leave after Lester Levenson's complete awakening. It also宣告 (proclaims) the end of the *guru* era. Lester Levenson can only help a small group of people. In this era, only a very few people will awaken. Those with this method all have the opportunity. There will be many false masters in this era. But in this era, only the Release Method can lead to freedom. Therefore, those who claim to be free through other methods are all false masters. I mean after 1970. Those who awakened after 1970, except those who already awakened in previous lives, could only do so through the Release Method. And someone who has already awakened through other methods will recommend the Release Method to you, no matter which method they themselves used to awaken. Because masters know everything. Currently, no active master is free.

===== Page 94 =====

Nowadays, free people are all living in隐居 (seclusion). Until Jesus returns, it will be like this. All are guided by the inner plan to complete the same plan. Therefore, all are in隐居 (seclusion).

Tiancheng 2021-03-13 01:33:29 Teacher Wind, why are you saying so much tonight?

Wind 2021-03-13 01:36:16 Because you will all experience低谷 (low points). And when experiencing低谷 (low points), it's easy to give up. If at that time there's something seemingly tempting, you'll be attracted to it. So I emphasize something I know. At present, in this era, starting from 1970, for these 120 years, only the Release Method can reach the终点 (destination). Giving up the Release Method equals giving up freedom in this lifetime. No matter which other spiritual method you switch to.

Tiancheng 2021-03-13 01:38:20 1970 – 2090?

Wind 2021-03-13 01:38:30 Yes.

2021-03-13 Wind and Tiancheng – Masters have no gender

Tiancheng 2021-03-13 09:56:37 In the past, you said there are more female masters than male masters. Is that so?

Wind 2021-03-13 09:57:45 The difference is not big, and masters have no gender.

Tiancheng 2021-03-13 09:59:18 Because you rarely see female masters, it seems like women find it hard to attain enlightenment.

Wind 2021-03-13 10:00:02 Female masters are not as accepted in society as male masters. So they choose to live in隐居 (seclusion).

Tiancheng 2021-03-13 10:00:32 Is it actually easier for women to attain enlightenment than men? Because women are more emotional/sensitive?

Wind 2021-03-13 10:00:52 When people's collective consciousness reaches gender equality, female masters will emerge. Men and women each have their advantages. Women's advantage lies at the beginning, because they operate more through feeling. Men's advantage lies in the activity of the intellectual center, so their willpower to reach the终点 (destination) is stronger.

Tiancheng 2021-03-13 10:02:28 Intellectual center, what is that?

Wind 2021-03-13 10:02:33

===== Page 95 =====

The brow point.

Tiancheng 2021-03-13 10:02:41 The third eye?

Wind 2021-03-13 10:02:49 Yes. Men usually have a stronger will to find the answer. Women often stop in happiness.

Tiancheng 2021-03-13 10:03:47 So, with what advantage do women reach the终点 (destination)?

Wind 2021-03-13 10:04:08 But most men haven't even started; they just operate mentally. Women progress faster, but they easily stop in happiness. Overcoming this and balancing the characteristics leads to the终点 (destination). Men overcoming their mental inertia, overcoming their sexual desire, is also a form of balancing characteristics. Both genders have their advantages, but ultimately you need to balance.

Tiancheng 2021-03-13 10:07:01 Of the 30 masters in the world today, how many are female masters?

Wind 2021-03-13 10:08:06 I won't say that, and it's meaningless anyway. If I create a female body tomorrow, I will be a female master. The body is just a transformable image.

2021-03-14 Wind and Tiancheng – Awakening must involve an active decision

Wind 2021-03-11 17:47:30 Actually, everyone recognizes in billions of years what they recognize in a few thousand years. You will become familiar.

Tiancheng 2021-03-11 10:26:58 Last time you said people will come to know in billions of years. That means I (and the unawakened) have already reincarnated for billions of years?

Wind 2021-03-14 10:27:43 Of course.

Tiancheng 2021-03-14 10:28:05 Lester Levenson said, liberated from millions of years of struggle.

Wind 2021-03-14 10:28:08 Although time has no meaning.

Tiancheng 2021-03-14 10:28:24 Did Lester Levenson deliberately say less? Billions of years, what a concept!

Wind 2021-03-14 10:29:04 Millions of years, billions of years, are all虚指 (figurative).

===== Page 96 =====

Natural evolution is one million years. But natural evolution does not necessarily bring about your awakening. You can evolve to the point of receiving cosmic consciousness, being in harmony with nature.

Tiancheng 2021-03-14 10:29:53 Once, Kriyananda asked the master how long he had been his disciple? The master said a very, very long time.

Wind 2021-03-14 10:29:58 And then fall back into delusion again. Yogananda once traced himself back to when he was a diamond.

Tiancheng 2021-03-14 10:30:32 Like that, still unable to awaken?

Wind 2021-03-14 10:30:32 Starting from those朦胧 (dim) consciousnesses. Yes, that's not awakening. That's just approaching the infinite. Awakening must involve an *active decision*.

Tiancheng 2021-03-14 10:31:45 Reincarnation is terrifying. This is the meaning of "the suffering sea has no shore," right? 100,000,000,000 years. That's a billion years, oh my god, so many zeros. When you traced back to your earliest time, what was it?

Wind 2021-03-14 10:36:38 Actually, it's beginningless. Time is like a dream, with no beginning or end. Awakening is awakening. Time is not as you imagine, with a beginning.

Tiancheng 2021-03-14 10:37:11 Beginningless and endless?

Wind 2021-03-14 10:37:25 Before you awaken, it is beginningless and endless. After awakening, it is a dream. You can enter from any time. Or exit.

Tiancheng 2021-03-14 10:37:47 So, suffering and struggle have no end? Infinite? Until awakening.

Wind 2021-03-14 10:37:53 Yes.

Tiancheng 2021-03-14 10:39:13 Is forgetting past lives God's grace towards us?

Wind 2021-03-14 10:40:15 Forgetting past lives is because you change bodies. The new karma covers the karma stored in the *astral* and *causal bodies*.

===== Page 97 =====

The *causal body* is a big warehouse of karma. When you shed the physical body's outer garment, you will recall the memories from the creation of this *astral body* up to now. When you shed the *astral body's* outer garment, you will recall all memories.

Tiancheng 2021-03-14 10:42:12 So when people die, they recall all physical memories?

Wind 2021-03-14 10:42:35 From the moment your *astral body* shaped the physical body. Your *astral body* also dies. If your *astral body* dies, it creates a new *astral body*.

Tiancheng 2021-03-14 10:43:47 Is the *astral body* created by the karma of the *causal body*?

Wind 2021-03-14 10:43:53 Yes. The *astral body* is projected by the *causal body*. The physical body is projected by the *astral body*.

2021-03-14 Wind and Tiancheng – How does karma operate?

Tiancheng 2021-03-14 11:32:34 Teacher, can you tell me how karma operates?

Wind 2021-03-14 11:32:47 Karma is programs. Programs create each of your thoughts. Your thoughts are not free. Therefore, actions are not free either.

Tiancheng 2021-03-14 11:33:52 Teacher, please continue explaining karma.

Wind 2021-03-14 11:34:00 Karma is programs. Action and reaction.

Tiancheng 2021-03-14 11:34:52 How does it operate?

Wind 2021-03-14 11:35:10 Programs drive thoughts. Thoughts project the world. That's how it operates. The world is just a display screen. Doing anything in the world is just smashing the display screen. It cannot change any 剧情 (plot) playing inside.

Tiancheng 2021-03-14 11:37:01 So, directly releasing programs can change the world?

===== Page 98 =====

Wind 2021-03-14 11:37:33 Yes. It should be said, only releasing programs can change the world. Otherwise, the world will manifest according to 既定 (predetermined) programs. In the program, you have no free will. Unless you decide to release the program. So, no matter what *busywork* you wanted to do before, I would say, go release. *Busywork* is useless. It's just being driven by programs. Repeating past karma, that's all.

Tiancheng 2021-03-14 11:39:10 Can I change my family's world through releasing? For example, I want to cure my mother's illness through releasing (even if this illness is her own 预设 (preset)).

Wind 2021-03-14 11:39:16 Yes, you can.

Tiancheng 2021-03-14 11:39:31 So, I can change others' karma through releasing?

Wind 2021-03-14 11:39:58 You are not changing others' karma.

Tiancheng 2021-03-14 11:40:04 Isn't that interfering with others' lives?

Wind 2021-03-14 11:40:08 This is the harmonious operation of the universe. You currently cannot talk about interfering with karma. This is said for free people. Because free people can do everything, transcend all karmic束缚 (bondage). You are currently driven by karma. All your *wants* are part of karma. Therefore, what you influence is your own karma. Including your mother's illness, that is your karma.

Tiancheng 2021-03-14 11:42:01 My karma?

Wind 2021-03-14 11:42:06 You cannot talk about interfering with others' karma before liberation. Interference is a big word.

Tiancheng 2021-03-14 11:42:31 This is her life, why is it my karma?

Wind 2021-03-14 11:42:38 You have no way to interfere with others before liberation. There is no separation.

===== Page 99 =====

She is one of your画面 (pictures).

Tiancheng 2021-03-14 11:43:10 She预设 (preset) her life before coming, that is, karma, which led to illness. Is this also my karma?

Wind 2021-03-14 11:43:21 She is just one of your画面 (pictures).

Tiancheng 2021-03-14 11:43:31 Oh my god.

Wind 2021-03-14 11:43:54 Lester Levenson said this many times.

Tiancheng 2021-03-14 11:43:58 So, I can掌握 (master) the entire world I see through releasing?

Wind 2021-03-14 11:44:11 Don't be so一惊一乍 (easily startled).

Tiancheng 2021-03-14 11:44:13 Hahaha. This确实 (indeed)刷新 (refreshes) my cognition.

Wind 2021-03-14 11:45:16 **Q:** To change my attitude, you mean that my basic understanding of him being part of my consciousness, with nothing besides perfect consciousness, and not thinking of him as a limited individual? **Lester Levenson:** Yes. This is a wonderful way. It works very well, doesn't it? **Q:** It works completely, yes, it works immediately. **Lester Levenson:** People actually become what we are in our consciousness. **Q:** Then, if Lillian tells me she wants a bigger house, I need to clear my own consciousness of wanting her to satisfy my desire. Because it's just my thoughts that made her think of it, isn't that right? I don't need to consider Lillian, I just need to consider myself, my own happiness, and then she is happy. That is, my own happiness will reach that ultimate happiness -- **Lester Levenson:** But you have a separation: Lil and me. **Q:** I've always had this problem, you know, since I met you. **Lester Levenson:** Sometimes you don't have this problem, you say: "Who is Lillian but my consciousness?" **Q:** Yes, I said that. I said it a few minutes ago. I just need to deal with my own consciousness. **Lester Levenson:** Okay. That includes Lillian, right? **Q:** Yes, that's right. **Q:** That also includes a bigger house. (Laughter.) **Q:** I have to 拜托 (rid myself of) the limitations in my own consciousness. That's all I'm dealing with anyway. I'm not dealing with Lillian or the house or the land, I'm dealing with my own consciousness. The obstacle is in my own mind, or there are no limitations within myself. And, as you say: If I am infinite existence right now, I can do it right now! I don't need to wait until I get home. **Lester Levenson:** Right. **Q:** We need to act quickly! **Q:** By the time you get home, Lil, you need to be satisfied with your house as it is. **Lester Levenson:** If you accept, when you go home, the same house can become twice as big. It will be so natural that you won't even feel it. You will enter a house twice as big as the one you left.

Tiancheng 2021-03-14 11:45:23 So, my mother's illness, relatives' debts, etc., are all my karma.

===== Page 100 =====

Wind 2021-03-14 11:45:35 Karma is your *want* programs, it's feelings, it's what *wants* drive.

Wind 2021-03-14 11:46:17 Taking total responsibility means you are completely responsible for the entire world you create. Including the rising of the sun, the direction of dust particles, the vibration of atoms – you created all of it. You're just not conscious of it. Staying conscious of it, you can consciously create what you want, not what you don't want.

Tiancheng 2021-03-14 12:02:55 Teacher, can I release to help them heal, even if they've been paralyzed for years?

Wind 2021-03-14 12:03:04 [Group chat history] [Wind: Regarding questions like "can you do xxx," I hope you can remember Lester Levenson's words. Wind: *every impossible, no matter how impossible, become immediately a possible, as you completely released on...*]

Wind 2021-03-14 12:03:17 I have actually answered this kind of question many times.

Tiancheng 2021-03-14 12:06:30 Teacher, what does "harmonious operation of the universe" mean specifically? For example, if I heal a family member through releasing, is this the harmonious operation of the universe?

Wind 2021-03-14 12:07:01 The moment you产生 (generate) a thought, they simultaneously produce the corresponding thought, with no偏差 (deviation). Therefore, you don't need to change their mind through language or action. You only need to handle your own thoughts.

Wind 2021-03-14 12:07:43 The world will change. Ultimately, besides releasing, nothing needs to be done. *release only*.

Tiancheng 2021-03-14 12:08:55 Okay.

2021-03-14 Wind and Tiancheng – What was "Wind's" retreat about?

Tiancheng 2021-03-14 17:45:35 Teacher, in *The Way 2*, Lester Levenson encourages doing it in action. But in his autobiography, he mentions needing to go to a secluded place to do it. Isn't this a contradiction?

Wind 2021-03-14 17:47:07

===== Page 101 =====

Wrong, you read it wrong. Lester Levenson explained *isolate* elsewhere. You can only *isolate* in one place, and that is to quiet the mind. You cannot isolate by isolating the external. *Isolation*. He explained what *isolation* is in other audio.

Tiancheng 2021-03-14 17:50:05 In the first chapter of *The Ultimate Freedom Path*, Lester Levenson also mentions, "Lock yourself in a room, and then add a lock," etc.

Wind 2021-03-14 17:50:14 That was explaining omnipotence. You only need to release, you don't need to do anything, and it will take effect.

Tiancheng 2021-03-14 17:50:49 Doesn't this refer to behavioral things?

Wind 2021-03-14 17:50:55 No. The context was, a student asked if he needed to go out and find a job. He said, no, just need to release, adding a lock will also take effect. This emphasizes that you don't need to do anything, just need to release.

Tiancheng 2021-03-14 17:51:01 image[[105, 535, 358, 908]] "He explained what *isolation* is in other audio" – is it the meaning in the picture above?

===== Page 102 =====

Yes, it's these two sentences. The only place you can *isolate* is in a quiet mind.

Tiancheng 2021-03-14 17:52:45 Yes, but when Lester Levenson started exploring, he indeed isolated himself at home. He said so in his autobiography.

Wind 2021-03-14 17:54:45 If you don't believe it, just try it. Try isolating yourself and see if it helps.

Tiancheng 2021-03-14 17:55:16 The autobiography was written in 1972.

Wind 2021-03-14 17:55:41 The group leaders all tried it for a few days themselves.

Tiancheng 2021-03-14 17:56:01 He did a retreat, and then what?

Wind 2021-03-14 17:56:24 The group leader, Ah Heng, and others concluded from their own retreats that it was completely useless.

Tiancheng 2021-03-14 17:56:44 So what was your retreat about?

Wind 2021-03-14 17:56:48 Only逃避 (escape), not releasing. I didn't刻意 (deliberately) go into retreat. I didn't do anything to force myself. I wanted to reach the终点 (destination), I just released, again and again. I didn't lock myself away. I just forgot to be in contact with people.

Tiancheng 2021-03-14 17:58:02 Teacher, can you tell me about your path to success?

Wind 2021-03-14 17:58:09 The Six Steps.

Tiancheng 2021-03-14 17:58:17 Why could you do it? While so many others can't?

Wind 2021-03-14 17:58:23 The Six Steps. Because you need other things, while I only need the Six Steps.

Tiancheng 2021-03-14 17:58:48 Yes, so it must be done in action.

Wind 2021-03-14 17:59:15

===== Page 103 =====

The key is you don't do it. Soon, you think of a mental question. So you start researching. Just like this question. There are no contradictions in the Six Steps, but if you pick at Lester Levenson's words, using your mind to misinterpret and加工 (process), you can always find所谓的 (so-called) "contradictions". It will immediately lead you towards limitation. Those mental questions, those contents偏离 (deviating from) the Six Steps, will make you deviate from freedom. I am a person with a strong intellect, but I used my intellect correctly. That is, recognizing the limitation of the mind.

Wind 2021-03-14 18:02:32 Throughout the whole process, I only looked at the Six Steps. I didn't need anything beyond the Six Steps. If you want to talk about the secret to success, this is the secret. People who keep collecting materials cannot reach the终点 (destination), especially if their intellectual minds cannot分辨 (discern) that content.

Tiancheng 2021-03-14 18:02:46 Teacher, what should I do to reach the终点 (destination)?

Wind 2021-03-14 18:02:57 The Six Steps.

Tiancheng 2021-03-14 18:02:59 Okay.

2021-03-15 Wind and Tiancheng – As long as you want freedom, nothing can stop you

Tiancheng 2021-03-15 08:57:01 Okay. Jesus and Buddha are omnipotent. They also want to help us attain freedom. So why don't you directly help us do it?

Wind 2021-03-15 08:57:17 I've answered this question many times.

Tiancheng 2021-03-15 08:57:20 Omnipotent means omnipotent.

Wind 2021-03-15 08:57:27 Of course they can. But they chose not to.

Tiancheng 2021-03-15 08:57:46 Why?

Wind 2021-03-15 08:57:55 They do not offer coercive help.

===== Page 104 =====

When you choose freedom, you naturally become free.

Tiancheng 2021-03-15 08:58:39 So, the only simple reason we are not free is that we根本 (fundamentally) don't want freedom???

Wind 2021-03-15 08:58:46 Yes. Lester Levenson said it many times.

Tiancheng 2021-03-15 08:58:55 So masters don't force us.

Wind 2021-03-15 08:59:04 As long as you want freedom, nothing can stop you. Achieve the first step, you will automatically fall into the remaining five steps. Achieve freedom, you can simply *will it*. Then you are free. Thinking you cannot be free is the only reason you are not free. If you truly want freedom, you would already be free.

Tiancheng 2021-03-15 09:03:46 When a person truly wants freedom, can the master use his omnipotence to help him attain freedom? Is that possible?

Wind 2021-03-15 09:04:13 It's possible, it's very simple. If you truly want freedom, you根本 (basically) don't need to ask anyone for help. You will directly achieve the first step. Directly enter "*Nirbikalpa* Samadhi". Those who want freedom are already free. Those who remain are those who don't want freedom. Actually, this is very simple. Judging whether a person wants freedom is very simple.

Tiancheng 2021-03-15 09:10:34 So, there is no need to force others to learn?

Wind 2021-03-15 09:10:53 Yes, absolutely no need.

Tiancheng 2021-03-15 09:11:36 Because when they truly want freedom, they can do it at any time? And masters will also help them, no matter what world they are in?

Wind 2021-03-15 09:11:52 Yes. The mind always thinks it's doing important things. This is very interesting. The mind thinks it's saving the world. But in fact, everyone is infinite existence. No one needs saving.

===== Page 105 =====

No one can be destroyed.

Tiancheng 2021-03-15 09:15:00 "Judging whether a person wants freedom is very simple." Teacher, what judgment are you talking about?

Wind 2021-03-15 09:15:25 Suppose someone says they want freedom, but they are not free. Then you know it's false. This is the judgment I'm talking about. A person who wants freedom is already free.

Wind 2021-03-15 09:17:42 **Q:** Overriding the unconscious habits is hard to do because they keep sneaking up on you and you don't realize sometimes you've got them. **Lester Levenson:** It depends on how strong your desire is for the thing that you want as to whether the unconscious habits override it. We have infinite power, infinite will, and when man so wills he's immediately set free. **Q:** That sounds so easy. **Lester Levenson:** That's the easiest way to do it. Just will it! And it's possible for everyone of us, because we are infinite and therefore have infinite will power. And the reason why we don't do it is that we don't have that much desire for it. We still have more desire to be limited bodies.

Tiancheng 2021-03-15 09:19:39 Teacher, the ultimate method "Who am I?" is almost unusable by anyone on this planet. Is it because almost no one truly wants freedom? Or some other reason?

Wind 2021-03-15 09:20:46

===== Page 106 =====

Let's start again. It's for this reason. The will is not strong enough. Therefore, a gradual, scientific method is needed. You can 确认 (confirm) your gains bit by bit, confirm the source of your happiness, to redirect your 方向 (direction). But with the inquiry "Who am I?", as long as you become interested in something else before you get the answer, you have to start over. Everything before is useless work. Some people just stare at that sentence, turning it into a meditative practice. The Release Method encourages you to get everything you want, and also provides simple and easy specific methods. It allows you to reach the 终点 (destination) the fastest. Other methods, because they more or less conflict with worldly direction and provide behavioral guidance, will take you several lifetimes to learn. If you want to attain freedom in this lifetime, use the Release Method. If you don't mind attaining freedom in future lives, you can use other correct methods.

Tiancheng 2021-03-15 09:24:48 With this method, you also cannot stop at all until you reach the终点 (destination)?

Wind 2021-03-15 09:24:53 Those are also helpful, but they are slow. Yes, with the ultimate question, as soon as you become interested in something else, all previous effort is wasted. You don't just have to stare at that sentence for it to work. As soon as your interest is not in obtaining the answer to this question, all previous effort is wasted.

2021-03-15 Wind and Tiancheng – "Everything is consciousness"

Tiancheng 2021-3-15 09:47:33 When did Judas attain freedom?

Wind 2021-3-15 09:47:53 In the last century.

Tiancheng 2021-3-15 09:48:55 Even though Judas committed heavy karma, he could still attain liberation?

Wind 2021-3-15 09:49:06 He was a disciple of Sri Ramakrishna. No matter what mistakes he made, he is infinite existence. Infinite existence cannot be destroyed. These things are really simple.

Tiancheng 2021-3-15 09:50:00 So when he decided to be free, he could attain freedom? Even after committing very, very heavy karma?

Wind 2021-3-15 09:50:30 Of course. At any time, your infinite power is within you. You can use it at any time, through will.

Tiancheng 2021-3-15 09:51:02

===== Page 107 =====

At any time, even if I were a bacterium??

Wind 2021-3-15 09:51:51 When you are unconscious and昏沉 (drowsy), you might find it a bit difficult, but it's not absolutely impossible.

Tiancheng 2021-3-15 09:52:28 Do beings like bacteria, or stones, also have will?

Wind 2021-3-15 09:52:42 Consciousness is omnipresent.

Tiancheng 2021-3-15 09:53:00 No matter what its outer garment is? Consciousness exists in everything? Everything is everything???

Wind 2021-3-15 09:54:03 Yes. Everything is consciousness.

Tiancheng 2021-3-15 09:54:23 Is this remote control also a living being? Is it also a sentient being in samsara?

Wind 2021-3-15 09:54:51 Life is God's creative power. It requires a very long time scale for subtle evolution. From unconscious slowly becoming conscious.

Tiancheng 2021-3-15 09:55:39 Is this referring to the remote control?

Wind 2021-3-15 09:55:51 Anything. Know that Yogananda was also once a diamond.

Tiancheng 2021-3-15 09:56:55 Everything is consciousness, yet this remote control and the diamond are unconscious. How do you explain that?

Wind 2021-3-15 09:58:25

Wind 2021-3-15 09:58:25 Consciousness is omnipresent, because creation itself is a dream projection of God's knowledge. Even a stone has consciousness, but it's very dim. A few minutes ago, I was watching a slow-moving worm crawling slowly on the bathroom floor, and I thought, "Now, surely that is not a fast-thinking being!" But when I hear scientists claim that future computers will be complex enough to start demanding "computer rights," I think of the worm and its ancestors. Despite being a simple worm, it has two things that computers will never have: *self-awareness* and *feeling*. Poke a worm with a needle, and it will wiggle away. As I said before, there are two things science cannot create: feeling and self-awareness. We don't get self-awareness by comparing ourselves to others; it's an intuitive knowledge inherent in all living beings in the world. But once it is brought into external manifestation, what a long journey the soul must undertake! Yogananda said he could trace himself back to when he was a diamond!

===== Page 108 =====

2021-03-15 *Busywork*

Wind 2021-03-28 19:47:26 No, masters don't force anyone to be free. And actually, Stephen did some *busywork*. When he wrote that book, he said it was inner guidance, but actually it was *busywork*. This part is a bit like Tiancheng, particularly 关注 (paying attention to) intellectual questions, likes to collect materials, feels the need to organize the master's materials, etc. Yes, do everything imaginable, just not release. In the past, I also had many ideas for *busywork*. Of course, compared to others, it wasn't too much.

Yi Tian 2021-03-28 19:55:00 Do you now feel that the Release Method organization is completely unnecessary?

Wind 2021-03-28 19:55:19 I see the whole picture. I know what will happen if I do this, and what will happen if I do that. If you don't release, the inertia of karma will push you to do *busywork*.

2021-03-16 As long as you release continuously, you don't need to keep staring at the goal, just implement the Six Steps

Tiancheng 2021-03-16 10:48:03 I just wrote down many goals I want and also set a time. In the process, as long as I release continuously, I don't need to keep staring at the goal, just implement the Six Steps. Can I also achieve it?

Wind 2021-03-16 10:49:00 Yes, you can.

2021-03-16 Wind and Tiancheng – When all external escape routes are shattered, you will be forced inward

Tiancheng 2021-03-16 22:14:12 Teacher, why did you come back to us this time?

Wind 2021-03-16 22:14:55 No why. Just顺便 (by the way) respond before彻底 (completely) leaving.

Tiancheng 2021-03-16 22:15:36 This time, are you really彻底 (completely) leaving?

Wind 2021-03-16 22:15:39

===== Page 109 =====

Yes.

Tiancheng 2021-03-16 22:16:36 Will you also leave Ah Heng, the group leader, and them? Will I leave the world and directly merge into the Infinite?

Wind 2021-03-16 22:17:54 No, just no longer communicating with people. What people call *isolation*.

Tiancheng 2021-03-16 22:18:43 Is this your inner guidance? Teacher, why can't you continue helping us?

Wind 2021-03-16 22:19:06 Yes, when I decide, I go and do it. Leaving is the help. I see the whole picture. If I stay here, no one will become free. Dependence is fatal to growth.

Tiancheng 2021-03-16 22:21:55 But when I need you, can you come and help me?

Wind 2021-03-16 22:22:06 Thoroughly leaving is the help. Does an infinite being need help? When you seek help outwardly, that's an opportunity. Notice it, release. Find what you truly want inward. Absolute security exists only in your infinite existence. Among all forms of help, none is better than destroying all your支柱 (supports).

Wind 2021-03-16 22:25:20 Lester Levenson told me the world will "knock down his支柱 (supports)", so everyone will be forced to find the answer from within. "That's good," he said. "Not explosion, but ascension," he laughed. Currently, people always seek happiness

externally using various escape methods provided by the world. Eventually, when external escapes are endless, he predicted, we will be forced to go inward. "This is really a good thing," he said, "because people will be forced to find the answer, know who they truly are, just like me." He always told me he was particularly grateful for his heart attack.

Wind 2021-03-16 22:26:00 When all external escape routes are shattered, you will be forced inward. But you can become more conscious and more主动 (proactive). Don't wait until a gun is pointed at your head to do it.

===== Page 110 =====

You all know very well, even if not that深入 (deeply), that your behavior has dependence. You will grasp at it. If you depend on the outside, you won't discover the infinite within. These things are very simple. As a person who has attained ultimate freedom, I cannot stay here. The Release Method, as a self-reliant method, doesn't have that many problems. All problems arise when you deviate from the Six Steps. Therefore, either you return to the Six Steps and continue releasing, or you head towards limitation.

Tiancheng 2021-03-16 22:32:17 Teacher, why is that?

Wind 2021-03-16 22:32:33 Lester Levenson stayed here for decades, repeating this, in his own words, "*over and over and over and over again*". A year before he left, he told one of his students, I cannot stay here anymore. If I'm here, you will only depend on me, and no one will become free. He kept repeating the same things. Because they thought Lester Levenson was here and could guide them, so they kept forgetting. After Lester Levenson left, not long after, that lady from Sedona Institute became free. I talked with Lester Levenson about many things from his past. No one became free under his guidance while he was alive.

Tiancheng 2021-03-16 22:35:17 You chatted with Lester Levenson? Was this free master a Release Method teacher or a student? I often chat with Lester Levenson.

Wind 2021-03-16 22:35:51 A student. No Release Method teacher became free. And most of the Release Method teachers Lester Levenson appointed were those he felt had less inclination, i.e., more倾向 (inclined) towards the world.

Tiancheng 2021-03-16 22:36:56 How do you chat?

Wind 2021-03-16 22:37:16 Free people don't need any媒介 (medium) to communicate. They exist in every point. There is no separation between us.

Tiancheng 2021-03-16 22:39:41 Yesterday, a friend contacted me, my former boss in Suzhou. After exchanging Release Method content, he sent me a red envelope as before, following the previous

===== Page 111 =====

method. This time I refused to accept it. Because I don't want to use the Release Method to charge fees. Actually, I've been quite poor these days, but I don't want to make money this way.

Wind 2021-03-16 22:40:57

Well, using this to make money will give you wrong feedback. Using talking about the Release Method to replace actual releasing is easy to deviate from. Additionally, spiritual books are the easiest to cause deviation. Because when reading those books, people fool themselves into thinking they are on the path. When you deviate, if you know you are deviating, you can turn back.

Wind 2021-03-16 22:49:51

Stuck, the fifth step, very simple.

You don't want to be uncomfortable, this is *wanting control*.

The fifth step, you didn't follow the Six Steps. First, you release once. When releasing, you get stuck. You try to solve it with effort, 用力 (use force) to push away this stuckness, instead of using releasing *wanting control* to solve this stuckness. The Six Steps ask you to use releasing to solve it. That's the reason. You don't release.

Wind 2021-03-16 22:55:57

Actually, none of the above needs to be said. The less said, the better. Is accumulating those mental things useful?

Tiancheng 2021-03-16 22:56:26 No use.

Wind 2021-03-16 22:56:31 To attain freedom, all accumulation must be released.

Tiancheng 2021-03-16 22:56:36 If it were useful, I should be free by now.

Wind 2021-03-16 22:57:10 Even Kriyananda can be obstructed by it. He recalls Yogananda's teachings word for word. Is this useful? It's completely useless.

Tiancheng 2021-03-16 22:57:34 Is it because he accumulated too much mental knowledge?

Wind 2021-03-16 22:58:04 Writing books and promoting for his guru replaced actually doing it.

===== Page 112 =====

Actually, where did Kriyananda reach?

Wind 2021-03-16 22:58:18

Freedom, you have to achieve it by doing.

Kriyananda reached the level of *jhana* (meditative absorption), but did not reach *Samadhi*.

Tiancheng 2021-03-16 22:58:58 So, one can still fall back?

Wind 2021-03-16 22:59:10 Yes, as long as you don't achieve it, talking is useless.

Tiancheng 2021-03-16 22:59:21 Did Master Yogananda continue to help him?

Wind 2021-03-16 22:59:21 Also, you're caring about others again. The best help is to leave.

Tiancheng 2021-03-16 22:59:38 Yes, wrong direction again. Is Yogananda's leaving the best help for Kriyananda?

Wind 2021-03-16 23:00:05 As long as Yogananda is there, he will always look to the guru, always take the guru as the source of knowledge and power. And this makes freedom impossible. No matter how he calls, Yogananda won't come. To turn the direction, you must not find security externally. When you can't find a master externally, you will find it within yourself.

Tiancheng 2021-03-16 23:01:42 Was this an advantage for your success? You didn't depend on a guru?

Wind 2021-03-16 23:01:51 Yes. And I never thought of calling on Lester Levenson or other masters. When I was studying Mahayana Buddhism, I inclined towards Zen and away from Pure Land. At that time, for me, if a guru appeared before me, I would let him go. I really didn't want anyone to help me.

Tiancheng 2021-03-16 23:04:36 Is this your tendency?

Wind 2021-03-16 23:04:38 That was my advantage. I only wanted to walk alone.

Tiancheng 2021-03-16 23:04:48 Self-reliance.

Wind 2021-03-16 23:04:52 Yes, that was a tendency of mine for a very long time.

===== Page 113 =====

2021-03-17 The meaning of *living in seclusion* is to not be known as a master

Tiancheng 2021-03-17 00:26:57 Teacher, you said you would彻底 (completely) leave the world this time. Is it what you mentioned last time, entering *Samadhi* for 25 years?

Wind 2021-03-17 00:27:43 Irrelevant. I already canceled that.

Tiancheng 2021-03-17 00:28:39 Then where are you going?

Wind 2021-03-17 00:28:51 I won't talk about this.

Tiancheng 2021-03-17 00:29:26 If I am fortunate enough to be free, can I find you? This should be possible.

Wind 2021-03-17 00:30:01 Actually, this statement is not quite accurate, because when you are free, you are omnipresent. You don't need to刻意 (deliberately) look for anyone. Freedom is realizing you are not that body. You are infinite existence.

Tiancheng 2021-03-17 00:31:10 Yes. Then I will definitely see you.

Tiancheng 2021-03-17 00:45:40 Teacher, does this mean that if I attain ultimate freedom, I cannot continue to stay in the world?

Wind 2021-03-17 00:46:02 It's up to you. Freedom is freedom. No coercion.

Tiancheng 2021-03-17 00:46:20 Can I still stay with my family?

Wind 2021-03-17 00:46:25 Of course.

Tiancheng 2021-03-17 00:46:41 I see myself fearing freedom, fearing I will lose my family after freedom.

Wind 2021-03-17 00:47:02 There are many householders among masters. Masters can even be kings.

===== Page 114 =====

So, free masters can still live with their families?

Wind 2021-03-17 00:47:39 For example, William the Conqueror? Krishna demonstrated a householder master. You won't lose your family, you won't lose your dear world.

Tiancheng 2021-03-17 00:48:32 In this era, masters must be in隱居 (seclusion).

Wind 2021-03-17 00:48:55 The meaning of隱居 (seclusion) is to not be known as a master. Seclusion doesn't mean you must live in the mountains and forests. Living in the world like an ordinary person is also a form of seclusion.

Wind 2021-03-17 00:56:55 Not真正的 (real) scriptures. You're paying attention to others again.

Tiancheng 2021-03-17 00:57:34 I just want to看清楚 (see clearly) some authenticity while you're still here.

Wind 2021-03-17 00:57:59 Is this the reason your mind gives you? You don't need anything beyond the Six Steps to judge the authenticity of other things. What's the point? Even if you read materials from masters certified by Lester Levenson, Yogananda, etc., if you deviate

from the Six Steps, you still won't be free. There's a lot of spiritual material in this world. You don't need to辨别 (discern) authenticity one by one. I give a simplified answer: implement the Six Steps, head towards the终点 (destination). You absolutely don't need to look outward at the authenticity of people and things. See this as *wanting control* and release. In the future, if someone or a higher spirit appears before you and claims to be free, what do you care about them for?

Wind 2021-03-17 00:58:52 Even if you read materials from masters certified by Lester Levenson, Yogananda, etc., if you deviate from the Six Steps, you still won't be free. There's a lot of spiritual material in this world. You don't need to辨别 (discern) authenticity one by one. I give a simplified answer: implement the Six Steps, head towards the终点 (destination). You absolutely don't need to look outward at the authenticity of people and things. See this as *wanting control* and release. In the future, if someone or a higher spirit appears before you and claims to be free, what do you care about them for?

You have the Six Steps. Even if he is a master, you don't need him. Continue using the Release Method until the终点 (destination).

===== Page 115 =====

Wind 2021-03-17 01:01:02 You have the Six Steps. Even if he is a master, you don't need him. Continue using the Release Method until the终点 (destination).

Tiancheng 2021-03-17 01:01:48 Okay. Teacher, I hear you.

Xiao Li 2021-03-17 01:43:02 @Wind Can I actively open the door and pour out all feelings, instead of releasing them one by one as they come?

Wind 2021-03-17 06:45:11 Are you trying to go faster?

Xiao Li 2021-03-17 07:53:31 Yes. At that high point, I did experience a dozen seconds or so. But later, due to mental effort, I fell into a低谷 (low point) and spent longer moving up from the低谷 (low point).

Wind 2021-03-17 07:58:57 Wanting to go faster is *wanting control*. The more you release, the more you can release. Feelings will surge out like waves. But if you want to control it and make it faster, you will get stuck.

Xiao Li 2021-03-17 08:00:48 Yes, at the moment of getting stuck, I didn't及时 (timely) notice the effort. As long as I'm stuck for a while, I find my disappointment and opposition programs immediately develop, and逃避 (escape) thoughts arise.

Wind 2021-03-17 08:14:29 Use the Process to release one by one. No need to think of other shortcuts. Release *wanting control*, *approval*, *safety*, again and again. As long as you use the Six Steps and release continuously, it only takes a month to clear your feelings. It's very simple.

Xiao Li 2021-03-17 08:16:22 Yes, okay.

2021-06-30 Succeeded in worldly matters without knowing the Release Method

Tiancheng 2021-06-30 20:34:17 **Q:** There are many people who don't know the Release Method at all and succeed in worldly matters. How does that work for them? **Teacher:** It's just programs. If you don't have a method to 走向 (move towards) freedom, you are basically going through the preset life, which can be called karma. If you don't use a correct method to 解除 (dissolve) it, it will drive everything you do. Then, whatever happens to you, whenever it happens, follows the inner program. For a successful person who doesn't know the spiritual path, success and failure in career are not under their control. When the program makes them succeed, they succeed; when it makes them fail, they fail, down to the specific time. They are still not free.

===== Page 116 =====

2021-03-17 If someone pretends to be a master, what needs to happen internally?

Wind 2021-03-17 08:25:43

Wind 2021-03-17 08:25:43 That kind of surface peace covers up the underneath turmoil. Including what someone posted about Eckhart. The reason he is more 迟钝 (insensitive) than the average person is because he 逃避 (avoids) various subconscious programs, i.e., feelings. Because the mind's operation is mostly driven by programs. His mind is already overloaded, but he still insists on staying on the surface.

If someone pretends to be a master, what needs to happen internally? First, he needs to develop a film of 冷漠 (apathy), covering his inner awareness. Only then can he escape the intense pain surging up from within. Therefore, in truth, you cannot use lying to speak the correct principles.

2021-04-21 The main point to watch is a "wanting to figure it out" and a "wanting to do something"

Wind 2021-04-21 10:33:37 The main point to watch is a "*wanting to figure it out*" and a "*wanting to do something*". This is the easiest place to get stuck. *Wanting to figure it out* will drive you to research and analyze. *Wanting to do something* will drive you to do *busywork*. You should be alert to this and release.

There's an exercise in the workbook: *What do I get from Wanting to control/approval/security?* Sometimes you want to gain a sense of security through control. Sometimes you want to gain approval through control. Sometimes you want approval, and then you develop *wanting control*. When you release, you often want to control the release process, which leads to getting stuck. Ask yourself, are you trying hard to solve it? You want to do something to solve it. But you don't need to do anything. *let go undo the doingness* A problem is only a problem when you want to control it. Or more directly, you want to change it. Just notice *wanting to change*. Experience it. In the moment you let go of *wanting to change*, isn't the problem no longer a problem?

Even if you don't want something, it can still manifest. Haven't you manifested plenty of things you "don't want"? [Big laugh]

===== Page 117 =====

Look around you. How many "don't wants" have you manifested?

2021-07-26 Dasin Day Return

2021-07-26 14:53:44 Suggest starting over completely

Zhou 2021-07-26 14:53:44 Teacher Wind, any suggestions for me? @Wind I feel like I'm not releasing correctly.

Wind 2021-07-26 14:54:27 My suggestion is to completely restart learning the Release Method. *take the course*. But don't start from video 1. Start from video 5.

Zhou 2021-07-26 14:55:07 Completely restart learning. Okay.

An Xin Zi Zai 2021-07-26 14:58:19 Always hesitating, is it right or wrong? After working so hard for so long, do I need to start over? Wanting to restart, but a bit unwilling.

An Ou Ellenson 2021-07-26 15:00:57 Follow dear Teacher Hale Dwoskin, relearn from the fifth video.

Yi Lin 2021-07-26 15:01:48 Okay, relearn the Release Method! Start from the fifth video!

Wind 2021-07-26 15:02:47 You noticed, you've been "working hard" for so long. *Release takes no efforts*. You might often forget how to release, but it's okay. You can relearn in a few minutes.

An Xin Zi Zai 2021-07-26 15:04:25 Okay, got it.

2021-07-26 Release continuously

Yun Piao Guo De Sheng Yin 14:58:31 @Wind Teacher, I always feel like I'm not releasing correctly. Sometimes I can feel the *want* leaving, sometimes I can't feel it (maybe stuck). Feeling that I'm not releasing correctly, what should I do? I especially want to "release continuously."

Wind 2021-07-26 15:04:57 Continuous releasing doesn't mean you maintain a concept of continuous releasing. Continuous releasing means you do one release, experience the inner liberation, and then release again. This rhythm is completely grasped by you. After releasing *wanting approval* on one matter, you can ask yourself "Is there more?" to continue. You can also feel the current feeling and ask yourself "Is it *wanting control* or *wanting approval*?" to continue releasing. Of course, if you find you want to hold onto the feeling and not release,

you can also ask yourself "Is this *wanting control*?" to continue releasing. If, at this time, you want to do something else, you can certainly choose to release on that matter as well. Feel it, what do I want to gain by doing that thing? Is it *wanting control* or *wanting approval*? Or *wanting safety*? These are all ways for you to continue releasing.

2021-07-26 Tiancheng also needs to relearn the '92 version of the Release Method

Tiancheng 2021-07-26 15:02:20 Teacher, do I also need to relearn? Haven't I learned it yet?

Wind 2021-07-26 15:04:14 Yes, relearn. It won't take long.

Tiancheng 2021-07-26 15:04:21 Yes, I've been unwilling to restart, stubbornly pushing through [facepalm]. Do I need to restart learning from video 1? Or from video 5?

Wind 2021-07-26 15:58:18 It depends on your needs. These are all tools.

Tiancheng 2021-07-26 15:58:31 I think I've already experienced releasing.

Wind 2021-07-26 15:58:31 You can pick them up and use them anytime.

Tiancheng 2021-07-26 15:58:57 So, it's not necessary to watch all of them, right?

Wind 2021-07-26 15:59:23 Yes.

===== Page 119 =====

2021-07-26 Use releasing to eliminate attachment to goals

Zhou 2021-07-26 15:12:25 @Wind Teacher Wind, I always feel that being too attached to a goal is 不利于 (unfavorable) for achieving it. Is this thought right or wrong?

Wind 2021-07-26 15:23:32 Someone just mentioned attachment to goals.

Susan Lee 2021-07-26 15:23:40 I really want to achieve a certain goal, but I'm afraid to release that goal.

Wind 2021-07-26 15:23:50 This is a very basic question. Yes, you have attachment to the goal. However, do you want to eliminate attachment to the goal through suppression? *Jesus Christ*. We are learning the Release Method. Of course, we use releasing to eliminate attachment to goals. Lester Levenson 特别 (particularly) emphasized the role of goals. Because a goal is something that can stir up the deepest suppressed feelings of aversion.

An Xin Zi Zai 2021-07-26 15:27:09 Is it necessary to list goals to release? Or is it also okay to just release the current feeling?

Wind 2021-07-26 15:27:32 *it's up to you*. Release must be done according to your own inner rhythm.

Yi Lin 2021-07-26 15:28:10 @Wind I listed over a dozen goals. Should I release them all every day, or release according to feeling?

Wind 2021-07-26 15:28:21 Because releasing is not about having a deity standing next to you counting: you released once, you released twice, you released three times... Releasing happens when you allow feelings to surface and leave. Each time you release, you can use the Sixth Step to *check* your inner feeling. Like it's done in the course. "How do you feel now?" "Wow, very good, but there seems to be a bit more there." "So, can you allow them to come out?" "I can try."

I remember a chat record from before. That one might be worth looking at.

===== Page 120 =====

Understand what I'm trying to express here? [laugh] What you need to do is release continuously, not suppress continuously.

Susan Lee 2021-07-26 15:35:52 Teacher Wind, for a goal, is it necessary to release continuously for several days to succeed, and not just a few hours a day? @Wind Is any interruption unacceptable?

Wind 2021-07-26 15:36:36 Not that any interruption is unacceptable. But every time you are not releasing, you are suppressing feelings.

0 2021-07-26 15:13:35

Feng Lin Feng Hua 2021-07-26 15:13:35 When stuck, release the *wanting to change* feeling. I know now I want to change. I release *wanting to change*, but there's no progress. So I keep releasing *wanting to change* (*wanting to control*) like this, asking over and over?

Wind 2021-07-26 15:13:46 No. You don't need to always ask yourself questions. The questions are a teaching method. At the end of the course, if you have mastered this method, he will tell you the Six Steps. Why does the course tell you the Six Steps at the end? Because, before you learn to release, these words are just words to you. And after you learn, you have already experienced those things. Therefore, you don't need any extra explanations to explain the Six Steps. Actually, in '92, Lester Levenson had already simplified the Six Steps further into three steps. These three steps are the way to practice the Six Steps. You can find these three steps at the end of the workbook.

Xin Nian 2021-07-26 15:18:10 Three tickets to imperturbability.

Susan Lee 2021-07-26 15:19:05

===== Page 121 =====

1. *Release only the three wants.*
2. *Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.*
3. *Make it a Do It Yourself Tool. You now have all you need to go all the way to imperturbability.*

===== Page 122 =====

Implementing these three things, you will quickly reach imperturbability.

1. **Only release these three wants.**
2. **Make it continuous and release immediately. Allow *wanting approval*, *wanting control*, and *wanting safety* to come into your awareness and immediately let them go.**
3. **Make it a do-it-yourself tool. You now have everything you need to complete the journey and reach imperturbability.**

2021-07-26 All knowledge is limitation, all knowledge is to be released

Yi Lin 2021-07-26 15:13:46 @Wind I am Christian. Many of Teacher Wind's words in the group are about Buddhism, which I don't understand. Will this affect my releasing? Thank you.

Wind 2021-07-26 15:19:09 Oh, releasing doesn't require knowing that knowledge. Dear Lester Levenson said that all knowledge is limitation, all knowledge is to be released.

Yi Lin 2021-07-26 15:19:43 @Wind Okay.

2021-07-26 Releasing is the only thing that cannot be forced upon you by someone with a whip

An Ou Elekson 2021-07-26 15:09:56 Teacher Wind, many of us here are stuck. Is it because we are releasing with *wanting control* when we get stuck? I've been stuck for months without success.

Susan Lee 2021-07-26 15:21:16 Teacher Wind, many of us here are stuck. Is it because we are releasing with *wanting control* when we get stuck? Asking for months without success. I'd like to ask.

Wind 2021-07-26 15:21:22

===== Page 123 =====

First, you need to 确定 (determine) that you want to release. *That's step NO. 1.*

Susan Lee 2021-07-26 15:22:44 I don't want to release, but circumstances force me to release. How do I make myself want to release?

Wind 2021-07-26 15:22:46 Releasing is the only thing that cannot be forced upon you by someone with a whip [laugh].

2021-07-26 When the string is too tight, you need to loosen it. When the string is too loose, you need to tighten it

Yun Piao De Sheng Yin 2021-07-26 15:37:00 Teacher, can you explain this passage in depth? How to achieve this in daily life?

Ekamantam thitā kho sā devatā bhagavantam etadavoca – "katham nu tvam, mārisa, oghamatarīti? 'Appatiṭṭham khvāham, āvuso, anāyūham oghamatarīnti. 'Yathā katham pana tvam, mārisa, appatiṭṭham anāyūham oghamatarīti? 'Yadākhvāham, āvuso, santiṭṭhāmi tadāssu samsīdāmi; yadākhvāham, āvuso, āyūhāmi tadāssu nibbuyhāmi [nivuyhāmi (syā. kam. ka.)]. Evam khvāham, āvuso, appatiṭṭham anāyūham oghamatarīnti.

Translation: A deity standing to one side asked the World-Honored One: "How did you, sir, cross the flood?" "Friend, I crossed the flood without halting (or: without standing still) and without straining." "How is it that you, sir, crossed the flood without halting and without straining?" "When I halted, friend, then I sank; when I strained, friend, then I was swept away. It is in this way, friend, that I crossed the flood without halting and without straining."

I understand this principle intellectually, *release takes no efforts*. But how do I do it? There are so many things in life.

Wind 2021-07-26 15:37:36 This passage is a teaching of the Buddha recorded in the Pali Canon. The principle it expounds, the Buddha summarized as the Middle Way. When the Buddha was still Siddhartha, he studied with various masters of his time and reached the highest stages of meditation.

===== Page 124 =====

His mind... But he found that those suppressed feelings were like sediment sinking to the bottom of a river. When he was in absorption (*samadhi*), they were all suppressed. But when he came out of that高度 (highly) focused state, feelings and thoughts again surrounded him, like stirred-up river water. Subsequently, Siddhartha continued on and heard the teachings of asceticism from the Jain ascetics. He underwent six years of ascetic practice but did not experience liberation. The idea of the Middle Way came to him when, in a moment of great disappointment, he heard it from a lute player. When the string is too tight, you need to loosen it. When the string is too loose, you need to tighten it. This way, you can understand that passage. When your releasing stops, you need to remind yourself to do it. But when you are suppressing, you need to remind yourself to relax.

Yun Piao Xiao De Sheng Yin 2021-07-26 15:45:25 @Wind Yes, I understand. Thank you very much, teacher.

2021-07-26 Emotions are a way to locate yourself; *wants* are your intentions

Zhang 2021-07-26 15:41:00 @Wind May I ask what is the difference in feeling between the fear of death and the emotion of fear? Is it just a difference in degree?

Wind 2021-07-26 15:45:17 Emotions are a way to locate yourself. *Wants* are your intentions. When Lester Levenson developed the Release Method near death, he didn't刻意 (deliberately) release emotions. The first question he asked himself was "What is真正的 (real) happiness?" When he focused intensely, he spontaneously entered what is called *Samadhi*. Some memories came into his consciousness, which gave him the answer: To love is happiness. Being loved by others is not happiness. This led him to release *wanting approval* for the first month. The second month, he discovered *wanting control*. The last month, he released the fear of death. So later, Lester Levenson told his students that if he had had the Six Steps, it would have taken him less than three months. Why is that? Because the Six Steps don't require you to search for a specific *want*. When Lester Levenson was releasing, he sometimes stopped because he didn't have the Six Steps. When *wanting control* came up, he still tried hard to make himself feel *wanting approval*. But the Six Steps tell you that all feelings are *wanting control*, *wanting approval*, *wanting safety*. Release immediately. It only takes one to two months.

===== Page 125 =====

Why does the course say that if you notice a *want*, you will automatically let it go, because it's innate? I find releasing *wants* feels shallower than releasing emotions. I know I'm releasing incorrectly, but the feeling of a *want* is still hard to detect. Teacher, is it due to lack of practice? @Wind

Wind 2021-07-26 15:55:54 This is a problem I also encountered before. Releasing *wants* is even more natural than releasing emotions. Lester Levenson told you that this method has one benefit – actually two benefits. But one of them everyone should have heard of, which is efficiency.

Tiancheng 2021-07-26 16:05:02 Releasing once equals months of meditation.

Wind 2021-07-26 16:05:06 The other benefit is that when you change the way you feel your feelings, facing them feels less糟糕 (terrible). So, releasing *wants* has these two major benefits.

Tiancheng 2021-07-26 16:05:58 @Wind Why is that?

Wind 2021-07-26 16:05:59 The真正的 (real) Release Method is to only release the three *wants*. Meditation here refers to methods that quiet the conscious mind through a series of ways.

Tiancheng 2021-07-26 16:07:01 Releasing continuously for one day really equals the effect of 6000 years of meditation? @Wind Isn't that exaggerated?

Wind 2021-07-26 16:07:19 Of course. Natural evolution takes millions of years to reach the state of being able to accept perfect consciousness.

Tiancheng 2021-07-26 16:07:51 Isn't it one million years? One million years is a cycle.

Yun Piao Guo De Sheng Yin 2021-07-26 16:14:29 Teacher, I didn't understand "changing the way you feel your feelings." Does it mean replacing releasing emotions with releasing *wants*?

Wind 2021-07-26 16:14:44 Yes, this is what I want to重点 (emphasize) as an issue. Just now someone asked a very practical question. This is also a problem I encountered early on. That is, releasing *wants* feels less深入 (deep) than releasing emotions.

===== Page 126 =====

This means that you haven't learned to release *wants*.

Yi Tian 2021-07-26 16:16:47 You mentioned that接触 (contacting) a "*want*" requires practice. How exactly does one practice this? @Wind

Susan Lee 2021-07-26 16:16:56 16:09

text[[547, 138, 640, 154]]

X Original Sedona Release Method>

Wind 2020-10-12 09:20:17 The easiest way to learn is to use release cases. To learn how the process works, the best way is to experience it yourself, watch how others operate, follow along, or have someone guide you. You'll learn quickly. So you'll see that Sedona Institute has very little theory teaching, and the practical part is entirely example-based guidance. The whole eight videos are just constantly showing you how others release.

There's a word to着重 (emphasize): *stir up*. This is a term often used in later videos. What is the current feeling? What *want* does it stir up? Because using "comes from what *want*" earlier might make people subconsciously use their minds to analyze the reason. So it's worth emphasizing: use *stir up*, look at your current feeling, see what *want* it stirs up – *wanting control*, *wanting approval*, or *wanting safety*.

Group member "Jing Di": I feel like I still don't know how to release. How do I allow a *want* to leave? If I allow it to leave, will it definitely leave?

"Wind": Yes, it wants to push itself out. You just need to release the force of suppression.

"Jing Di": I understand intellectually, but I don't know how to do it myself.

Wind 2021-07-26 16:17:03 Actually, the course exercises are sufficient. However, I can add a little more.

===== Page 127 =====

Teacher, is this *stir up* very important?

Wind 2021-07-26 16:17:41 This word can be a useful tool.

Xin Shi 2021-07-26 16:17:58

Xin Shi 2021-07-26 16:17:58 When noticing a *want*, I just feel a small inclination, not a very strong *want*. Do I need to notice this slight feeling more, make it stronger, or directly release this slight *want*?

Wind 2021-07-26 16:17:58 Directly release this slight *want*. Some releases are very subtle. The course actually tells you that some releases are very subtle. After you release, you can ask yourself, "Do I have any remaining *wanting approval/control*?" Even a faint inclination counts.

An Xin Zi Zai 2021-07-26 16:19:47

An Xin Zi Zai 2021-07-26 16:19:47 @Wind When I started releasing *wants*, I noticed them and they were gone instantly, too fast to even ask the questions. I released like this for a while, but now I don't have this feeling at all. Why?

Wind 2021-07-26 16:20:05 It's normal to forget how to release sometimes. Releasing is a person's most natural ability. But enough mental content can obstruct this ability.

Susan Lee 2021-07-26 16:20:57 So forgetting how to release is all because of the mind.

Wind 2021-07-26 16:21:13 Forgetting to release is not because you haven't learned enough. It's not because you haven't accumulated enough knowledge. It's because you have accumulated too much. When you accumulate a lot, you are developing your mind. This obscures/weakens your ability to release. This is also why I suggest not modifying/exchanging release experiences.

2021-07-26 Releasing is not about having a deity next to you counting

Wind 2021-07-26 15:59:22 I mentioned a principle earlier.

===== Page 128 =====

Releasing is not about having a deity next to you counting. Each time you release, it's best to ask yourself how you feel. You can feel yourself becoming lighter and lighter.

2021-07-26 The issue of survival programs

Yi Tian 2021-07-26 16:02:29 @Wind Is feeling the survival program of the physical body or the survival program of the ego?

Wind 2021-07-26 16:08:33 I'll 穿插 (interject) an answer to the question about survival programs. Lester Levenson said all feelings are survival programs. Because you set up a mind, the mind is the ego. The ego created the three bodies. Each time you create one, you identify with it. When you identify with a body, you necessarily develop a fear of death. Because the body is limited. This fear of death is *wanting to survive*, the most basic survival program. *Wanting approval* and *wanting control*, and all emotions, are developed on this basis.

2021-07-26 All physical experiences are not releasing itself

Zhou 2021-07-26 16:08:16 @Wind Teacher Wind, when I release, I feel expansion sensations in my nasal cavity, forehead, or eardrums – a throbbing sensation. My chest and abdomen seem to contract. Is this releasing correctly?

Wind 2021-07-26 16:11:52

All physical experiences are not releasing itself

There is only one physical experience that continuous releasing will necessarily bring. That is the surging of vitality/energy throughout the body. Releasing the fear of death might bring physical pain. But that's not necessary.

Tiancheng 2021-07-26 16:13:42 Did you have such experiences back then?

Wind 2021-07-26 16:14:12 I only experienced it twice, and it wasn't particularly strong.

2021-07-26 Regarding goals, you need to release until it is completely yours

Wind 2021-07-26 16:20:05

===== Page 129 =====

It's normal to forget how to release sometimes.

ZOEY 2021-07-26 16:22:26 After releasing continuously for a while, I feel very deep and joyful and light. But as soon as I stop, even for a few hours, I feel the *wants* coming back in full force. Does this mean one step forward, two steps back?

Wind 2021-07-26 16:22:43 You didn't fall back that much. It means deeper feelings are coming out.

ZOEY 2021-07-26 16:23:26 When this happens, I feel particularly frustrated, like I'll never reach the终点 (destination).

Wind 2021-07-26 16:23:28 Regarding goals, you need to release until it is completely yours.

ZOEY 2021-07-26 16:23:54 Are you speaking specifically to me?

Wind 2021-07-26 16:24:32 I'm speaking generally.

Yun Piao Guo De Sheng Yin 2021-07-26 16:25:03 Do you need to reach the level of certainty like knowing whether you are male or female?

Wind 2021-07-26 16:25:27 Yes. Your analogy is very good. You don't need to confirm repeatedly whether you are male or female.

2021-07-26 When reaching cap, you are more capable of facing the fear of death

Susan Lee 2021-07-26 16:25:27 Does the fear of death only appear after releasing to *cap*?

Wind 2021-07-26 16:26:05 Not exactly. It's just that when you reach *cap*, you are more capable of facing the fear of death. You are more daring to face it.

2021-07-26 What is the key to releasing illness?

Xin Shi 2021-07-26 16:27:24 What is the key to releasing illness?

Wind 2021-07-26 16:27:41 Regarding releasing illness, you need to allow the pain to express itself. You need to continuously release the situation of the illness not getting better. You need to face the possibility that "the illness may never get better." Release all the feelings evoked by this thought.

===== Page 130 =====

Wind 2021-07-26 16:29:29 Need to release the feeling that this illness won't get better?

Wind 2021-07-26 16:29:51 Yes, see how many feelings it brings up.

Susan Lee 2021-07-26 16:30:19 So, the feeling about the outcome, like he might pass away, also needs to be released? This feeling is very strong. Does it need to be released until love?

Wind 2021-07-26 16:31:14 Yes, you release. However, note one point.

Susan Lee 2021-07-26 16:31:32 Okay, it's so hard. Hard to face.

Wind 2021-07-26 16:31:44 This is a misunderstanding. You don't need to convince yourself to face that outcome. What you need to pay attention to is your feeling. Sometimes you use mental struggle to replace releasing.

Susan Lee 2021-07-26 16:33:21 Teacher, if I continuously release on this goal, will he gradually get better, or will he suddenly get better once I succeed in releasing?

Wind 2021-07-26 16:34:50 This depends on your mind. There's no formula for goal achievement. This thing we call the world just follows your thoughts.

Susan Lee 2021-07-26 16:35:58 Of course, I hope he becomes healthier during the continuous releasing process. But the current situation is very bad.

Wind 2021-07-26 16:36:24 If you try to look outward for my feedback, it means your subconscious thinks the situation is very bad. This subconscious picture constitutes the manifestation of the world. So both situations you mentioned are your own creations.

===== Page 131 =====

2021-07-26 Freedom is not about creating something, it's just ending an illusion

Lan Ruo 2021-07-26 16:36:58 @Wind Wind, Lester Levenson said, "Nothing exists outside of your thoughts." So, you are also a picture in my mind. But since I can project a free you and Lester Levenson, why am I still not free?

Wind 2021-07-26 16:37:37 You are originally free, just obscured by the mind. Freedom is not about creating something. It's just ending an illusion.

2021-07-26 Lester Levenson supports everyone who uses the Release Method

SH 2021-07-26 16:37:17

image[[334, 317, 727, 828]]

Wind, can you inject a little of this into all of us?

Tiancheng 2021-07-26 16:39:56 Better yet, let the master make you free directly [laugh].

Wind 2021-07-26 16:40:15 If you truly want freedom, Lester Levenson will inject it into you.

===== Page 132 =====

2021-07-26 When you release the mind, you will, like the metaphor, suddenly see "the back of the comb"

An Ge Elekson 2021-07-26 16:30:06 @Wind Teacher, after freedom, is it necessary to leave Earth? I'm just reluctant to leave my parents. I'm afraid they'll be sad if I leave. After freedom, parents should also be liberated, right?

Tiancheng 2021-07-26 16:43:38 @Wind After you leave Earth, did you go to the *Suddhavaśa* (Pure Abodes)?

Wind 2021-07-26 16:44:08 Regarding the question of leaving Earth after freedom, the传达 (transmission) of this information has caused many mental misunderstandings.

An Ge Elekson 2021-07-26 16:44:29 重磅 (Heavy news) coming!

Yun Piao Guo De Sheng Yin 2021-07-26 16:44:32 @Wind After freedom, won't you need your family anymore? Can you choose to use superpowers to make their lives better? [laugh]

Tiancheng 2021-07-26 16:44:34 Many people fear freedom.

SH 2021-07-26 16:44:36 Most concerned about this.

Tiancheng 2021-07-26 16:44:43 After freedom, you have to leave Earth. This is why I don't talk about this with many people.

Xin Nian 2021-07-26 16:44:50 Wasn't it said that you can still live a householder life after freedom?

Yun Piao Xiao De Sheng Yin 2021-07-26 16:45:28 I've always been afraid of this, of leaving.

Wind 2021-07-26 16:45:30 First, masters are aligned. This is because when you release the mind, you will, like the metaphor, suddenly see "the back of the comb." So this information itself is not important.

Tiancheng 2021-07-26 16:46:28 And then?

Wind 2021-07-26 16:46:51 When you reach "*Nirbikalpa* Samadhi", you will intuitively know everything. However, don't fear freedom. You can watch Lester Levenson's videos.

===== Page 133 =====

He said a passage: You can possess the entire universe, you can even replicate this universe and create another universe. Therefore, although according to the plan, masters have to leave Earth, you can quietly move your family to that replicated universe. In fact, many masters do this, creating a picture where they themselves have not left.

An Ou Elekson 2021-07-26 16:49:28 That's great [laugh]. I was just afraid of leaving, afraid my parents would be sad.

Yun Piao Guo De Sheng Yin 2021-07-26 16:49:37 I'm so happy today I could explode [laugh]. Thank you @Wind. Thank you very much.

Tiancheng 2021-07-26 16:50:53 First time hearing this. The master is invincible.

Wind 2021-07-26 16:51:31 This is not new knowledge. Lester Levenson's intensive course videos told you this.

Yun Piao Guo De Sheng Yin 2021-07-26 16:52:06 I feel like I have no worries at all now, haha [laugh].

2021-07-26 Information is not important, what's important is the path

Yi Man 2021-07-26 16:50:18 @Wind, Teacher Wind, I'd like to ask about Anastasia in the meditation cedars. Who is she really? Does she exist?

Wind 2021-07-26 16:50:40 Don't focus on too many spiritual messages [laugh].

Susan Lee 2021-07-26 16:51:16 @Wind Teacher, I really want to know if Mozi from Taiwan is enlightened? His messages are very different.

Wind 2021-07-26 16:52:29 Why do you look at these messages? Information is not important. What's important is the *path*. The only important message is the message from "*Nirbikalpa Samadhi*". The messages you read are not very meaningful for you.

Susan Lee 2021-07-26 16:54:48 @Wind Okay, I won't纠结 (dwell on it) anymore. Only the Release Method can make me free.

Tiancheng 2021-07-26 16:55:06 @SusanLee He is definitely not an enlightened being. Free people all live in隐居 (seclusion).

Wind 2021-07-26 16:55:32 Currently, there are only three awakened people in China, including Taiwan. In the future, there might be more among those practicing the Release Method.

===== Page 134 =====

But he will not come out and say he is free.

Tiancheng 2021-07-26 16:56:26 Absolutely not? So, if someone says it, they must be fake.

Wind 2021-07-26 16:56:53

Wind 2021-07-26 16:56:53 Because a master willing to come out as a master has a reason. The reason I am willing to communicate with people in this capacity is that I am the transmitter of the Release Method. And the Release Method only needs one transmitter. So, even if someone becomes free, they will absolutely not come out and let people know.

Tiancheng 2021-07-26 16:59:15 Is this your karma?

Wind 2021-07-26 16:59:34 You could say this is my karma. Like Lester Levenson said, a bad karma [laugh].

Tiancheng 2021-07-26 16:59:56 Why didn't that lady and Kam transmit the method? @Wind They became free earlier.

Wind 2021-07-26 17:00:41 Because Lester Levenson is not an *Avatar*. He is not a public-type teacher. Therefore, he mainly returned to help his past students. Those who接触 (come into) contact with the Release Method, if they are not Lester Levenson's students, are related to Lester Levenson. This is why Kam and that lady didn't transmit the method at that time. Because Lester Levenson's students haven't returned yet.

Tiancheng 2021-07-26 17:03:15 What does that mean? It means Lester Levenson's students from past lives haven't returned to Earth. There's no need to talk too much about this information. Because in "*Nirbikalpa Samadhi*", you will know everything.

2021-07-26 Continuous releasing is necessary, it's one of the Six Steps

Yi Tian 2021-07-26 17:06:07 As long as you keep releasing continuously, does that count as implementing the Six Steps? @Wind

Wind 2021-07-26 17:06:26 Yes, look at the three steps summarized at the end of the course.

Tong 2021-07-26 17:07:17 @Wind Is continuous releasing the only way to reach "*Nirbikalpa Samadhi*"? Or will you enter *Samadhi* after releasing enough *wants*?

Wind 2021-07-26 17:07:56 Continuous releasing is necessary. That is one of the Six Steps.

===== Page 135 =====

2021-07-26 17:08:30 When releasing, feelings leave like waves. Does this "waves" refer to physical sensations? Is it feeling increasingly joyful?

Wind 2021-07-26 17:08:35 Not physical sensations. But feelings are composed of *life particles*. The emotional body is composed of *life particles*. *Life particles* is Yogananda's translation of the yogic concept *Prana*. Therefore, when releasing, you feel the dissipation of energy. If you release continuously, it's like waves.

2021-07-26 When you allow deeper garbage to come out, your emotions will go down

Yi Tian 2021-07-26 17:08:45 If each release is "more"轻松 (effortless) and joyful than the previous one, wouldn't you just float to the sky after a few dozen releases? So, what's going on when someone says they've released thousands of times with little change?

Wind 2021-07-26 17:10:44 It's not like that. *dig down*. When you allow deeper garbage to come out, your emotions will go down. But that's good. That's facing deeper garbage.

Yi Tian 2021-07-26 17:13:04 My understanding is that lows get lower, highs get higher, like swinging on a swing.

Wind 2021-07-26 17:14:03 Yes, Lester Levenson talked about this. In the intensive course, the word he used was *roller coaster*.

2021-07-26 Process: Let the feeling come up, categorize it as wanting control or wanting approval, let it out

Xin Nian 2021-07-26 17:10:51 @Wind Wind, is everyone in our group releasing correctly now? Just need to continue? Or need to change?

Wind 2021-07-26 17:12:05 Need to relearn, not change.

SH 2021-07-26 17:12:44 I've always vaguely felt that the Process I'm using is wrong.

Wind 2021-07-26 17:13:08 Process, *release process*. It's what Lester Levenson said.

===== Page 136 =====

Let the feeling come up, categorize it as *wanting control* or *wanting approval*, and then let it out. This process is the release Process.

2021-07-26 The questions are tools

Tong 2021-07-26 17:14:17

Tong 2021-07-26 17:14:17 @Wind Is the *want* also located in the *feeling center*? When I release a *want*, I don't feel a specific location. Is the emotional body made of *life particles*? Is the *want* like the workbook – a tool you can pick up and use? Is this it?

Wind 2021-07-26 17:14:39 The *feeling center* is a tool. Actually, there is a problem: many of you treat the tools provided by the course as limitations. Like the workbook – it's a tool you can pick up and use. But that doesn't mean you *have to* use it. Paying attention to the *feeling center* can help you better接触 (contact) your feelings. But that doesn't mean, after you have already become aware of your emotions and *wants*, you must still force yourself to focus on the *feeling center*. Does this make sense?

ZOEY 2021-07-26 17:16:47 I find that when releasing in a relaxed state, there's no time to consider where the *want* is located. I identify it instantly and release. Is this correct? @Wind Got it.

Wind 2021-07-26 17:17:57 Yes, you don't need to complicate it. This is why following the course is necessary. The course itself is a good design. You'll find that it emphasizes the

feeling center at the beginning. Because before you learn the Release Method, you rarely接触 (contact) your feelings. You need this tool to help you. But later in the course, the *feeling center* is rarely mentioned. Because when you want to feel your *wants*, you can easily feel them. You no longer need this crutch.

Xin Shi 2021-07-26 17:19:33 After asking "Can I let it go?" is it more beneficial to release if the answer is "yes" or "no"? Or does it not matter, the answer doesn't affect it?

Wind 2021-07-26 17:19:45 At the end of the course, questions are asked very little. The questions are tools. When you need them, of course, pick them up and use them.

===== Page 137 =====

But when you become aware of a *want* and it's already released, why would you still look for a tool everywhere? [laugh] Course videos, workbook – use them when you need them. But in the end, you only need the Six Steps. When you only need the Six Steps, this one tool, you are on the path.

2021-07-26 Only return on Dasin Day

Tiancheng 2021-07-26 17:22:07 Teacher, can you stay a little longer and help me?

Wind 2021-07-26 17:22:37 Before today ends, all masters will leave again until the next *Dasin* day.

Tiancheng 2021-07-26 17:22:54 What do you mean, leave again?

Wind 2021-07-26 17:23:03 They will all leave. Haven't they already left?

Wind 2021-07-26 17:23:13 We only return once on *Dasin* day.

Tiancheng 2021-07-26 17:23:48 So you will come back in the future. Did Master Babaji also return today?

Wind 2021-07-26 17:24:04 But I won't reveal the time. Not all masters choose to return today. It's optional. Like us with *bad karma* [laugh].

Tiancheng 2021-07-26 17:24:31 You are already ultimately free, do you still have karma? Isn't it all completely released?

Wind 2021-07-26 17:24:56 Of course, with not a trace of karma, I would merge into the Infinite. I am no longer controlled by karma.

Tiancheng 2021-07-26 17:25:18 There is still the desire of no-desire.

Wind 2021-07-26 17:25:18 I can decide to release it at any time.

===== Page 138 =====

Tiancheng 2021-07-26 17:25:24 Is it after today?

Wind 2021-07-26 17:26:46 Before today. Before today ends.

Tiancheng 2021-07-26 17:27:27 For me [facepalm], selfishly, please help me.

Wind 2021-07-26 17:27:50 Sorry, it's God's plan.

Tiancheng 2021-07-26 17:28:04 Okay.

Wind 2021-07-26 17:28:07 Even for you, I must leave.

Tiancheng 2021-07-26 17:28:17 Why?

Wind 2021-07-26 17:30:13 You already have the method. If I stay here, I will bind you and hinder your growth.

Tiancheng 2021-07-26 17:31:00 Yes. I will relearn. Teacher, before you leave, can you give me a blessing? Meet me once. Even for five minutes. [facepalm][facepalm][facepalm] You promised to meet.

Wind 2021-07-26 18:24:23 I won't meet you as a master. After I finish and truly return, I won't give any guidance.

Tiancheng 2021-07-26 18:25:01 What do you mean?

Wind 2021-07-26 18:25:38 I will return, but then I won't let people know I am Wind.

Tiancheng 2021-07-26 18:26:00 So you will return to this Earth. "After you finish" – what does that mean?

===== Page 139 =====

Wind 2021-07-26 18:26:47 Finish those plans.

Tiancheng 2021-07-26 18:26:55 God's plan.

After finishing, then return to Earth and live in 隐居 (seclusion)?

2021-07-26 Follow your inner feeling

Zhang 2021-07-26 17:27:28 ☺ Wind After releasing a *want* once, will the next one definitely come out automatically? Is there a delay? If after releasing one, I don't notice the next one, does that mean I'm stuck?

Wind 2021-07-26 17:28:33 Follow your inner feeling. Each time you release, you can experience the feeling after the release.

Yi Man 2021-07-26 17:29:07 ⊕ Wind After each release, while 轻松 (relaxed) and joyful, wait for the next feeling to automatically surface, then release again?

Wind 2021-07-26 17:29:10 You can see what this feeling is. You can also look at your goal, or the thing you want to release. As long as you can continue releasing, follow your own rhythm.

2021-07-26 The real feeling of the fear of death always surfaces suddenly, without preparation

Yi Lin 2021-07-26 17:29:29 ⊕ Wind May I ask: When I actively and directly release the fear of death, I also feel feelings surface and leave. But I know it's not the 真正的 (real) feeling of the fear of death. It always surfaces suddenly, without me being prepared. Have I not released enough *wanting control and approval*?

Wind 2021-07-26 17:31:29 Let the feeling come out. Then, identify whether it's *wanting control, wanting approval, or wanting safety*. Allow it to leave. Whatever feeling you become aware of, release that. If you can't feel the emotion, you can use this method to help you feel it.

Yi Lin 2021-07-26 17:33:16 ⊕ Wind Thank you.

2021-07-26 When you directly feel the *want*, you don't need to go back to feel the emotion

Xin Shi 2021-07-26 17:35:43 To release a goal using releasing *wants*, should I directly release my *wants* about the goal, or first feel the feelings towards the goal and then trace up to the *wants*? Which is better?

===== Page 140 =====

The *Emotion Chart* is a tool. When you can't feel the *want*, you first feel the emotion, and then feel the *want* driving it. When you directly feel the *want*, you don't need to go back to feel the emotion. These are all in the course.

Xin Shi 2021-07-26 17:37:44 Okay.

2021-07-26 Proceed according to your inner feeling

Yi Lin 2021-07-26 18:02:53

Yi Lin 2021-07-26 18:02:53 @Wind To release all feelings towards a person, can I just write down the person's name, look at the name, and repeatedly release the different feelings that surface?

Wind 2021-07-26 18:03:06 If it's useful for you, that's also okay.

Yi Lin 2021-07-26 18:04:04 @Wind Can I use methods I like, as long as they are within the Six Steps?

Wind 2021-07-26 18:04:29 Proceed according to your inner feeling.

Yi Lin 2021-07-26 18:04:26 Thank you.

2021-07-26 *Wants* are also *feelings*

Zhao Jiaman 2021-07-26 18:06:17

Zhao Jiaman 2021-07-26 18:06:17 @Wind Lester Levenson said that ultimately we must all come to the place of being continuously identified with our *beingness*. Is this state of identification particularly related to the Six Steps or one of them?

Wind 2021-07-26 18:06:46 Lester Levenson said the only barrier between you and *beingness* is your *feelings*. Release them, and you are it.

Yi Tian 2021-07-26 18:08:08

Yi Tian 2021-07-26 18:08:08 Why is the only barrier "feelings" and not "*wants*"?

Wind 2021-07-26 18:09:05 Because *wants* are also *feelings*.

Yi Tian 2021-07-26 18:11:45 Could "*want*" be said to be a feeling of unease?

===== Page 141 =====

2021-07-26 Your only guru is yourself

Wind 2021-07-26 18:13:24 Don't worship external masters. Your only guru is yourself [laugh]. Go and be self-reliant. This is also one of the reasons masters leave.

Note 1: The chat log for 2021.07.26 comes from the "Tiancheng" small group, forwarded by "Yi Tian";

Note 2: The three steps Wind mentioned for practicing the Six Steps are exactly the content on page 85 of the practice book:

"Implementing these three things, you will quickly reach imperturbability.

1. **Only release these three *wants*.**
2. **Make it continuous and release immediately. Allow *wanting approval*, *wanting control*, and *wanting safety* to come into your awareness and immediately let them go.**

3. Make it a do-it-yourself tool. You now have everything you need to complete the journey and reach imperturbability."

===== Page 142 =====

Q: When a *want* is brought out, it is released. If not, you return to the beginning of the Process. Relax the body, feel it again. Identify what *want* it is, let it leave. Keep it simple and easy; repeated practice will help you master it. Thinking and analyzing will make it increasingly difficult to release. Because the mind only plays back past experiences.

Q: What if I don't want it to leave?

Wind: Then say "no," and proceed to the next Process.

Q: Is the inner child the mental body?

Wind: You introduced a psychotherapy concept. But those concepts are all inaccurate. Our current psychology is based on some incorrect assumptions.

"Everyone is combining other things with releasing. When you do this, it slows down releasing. If you need other things, you are slowing down the method." When using the Release Method, all additions weaken its power.

Q: After彻底 (thoroughly) releasing, do you know where you are going?

Wind: Yes.

Q: Is it truly knowing, or just a direction? Will the physical body suddenly disappear?

Wind: No, unless you consciously make it disappear.

Q: Is it a direction or something very specific?

Wind: Very specific, but it's intuition, not thinking, more certain than thinking. (Because I am preparing to go into隐居 (seclusion) in a few days, I will try to answer questions related to actual releasing. Seclusion: for me, it's returning to normal life.) After this, there are the Six Steps, course videos, and Lester Levenson's audio materials. They are enough to support everyone in completing the journey. No teacher is needed.

Q: Releasing fear feels very accurate?

Q: Releasing emotions is so important. In Pa Auk meditation, they don't release emotions, yet they can still become liberated. Why? Is it only those with few emotions suitable for meditation?

Wind: Releasing anything is not difficult, just treat it as a feeling to release. There are 112 paths in total. The Release Method is the most suitable for the current era.

Q: I also want to ask, what incorrect assumptions is psychology based on? This question—直 (keeps) bothering me.

Wind: Lester Levenson talked about this issue. Psychology believes emotions are normal; you just need to adjust them. But emotions themselves are programs. These survival programs are actually反生存 (anti-survival).

===== Page 143 =====

Wind: Because I also said before that I have been exposed to spiritual practice for many years, but I never涉入 (got involved in) spiritual circles. I always practiced meditation quietly, and after接触 (encountering) the Release Method, I released quietly. So I don't have a tendency to be a teacher.

Q: Teacher Wind, you're here. I can't think of questions. Can you give me guidance based on my situation? I believe you understand everyone.

Wind: Better to use the standard Process to release.

Q: Must I release by asking questions? Or can I just release directly?

Wind: Releasing *wants* is very simple, just one or two sentences. But these one or two sentences contain a complete process. (Follow the videos. In the learning阶段 (stage), following the video practice is the best way.) When releasing consciously, use it.

Q: As soon as I ask, my mind feels very blocked.

Wind: You mentioned feelings surging out like waves.

Q: At this time, just knowing it's a *want*, a mental program, without further分辨 (distinguishing) which *want* – is that okay?

Wind: Once you are truly used to releasing, you will release very easily. You need to spend more than 50% of your day releasing for the releasing habit to exceed suppression.

Q: What should I do when I cry a lot during releasing?

Wind: Then just cry well.

Q: When releasing *wants*, I always cry. Should I wait until I finish crying to release? After releasing a *want*, shouldn't the emotion be gone? Crying all the time – does that mean my releasing is incorrect?

Wind: The efficiency of the Release Method is beyond imagination. If you are truly using the Release Method created by Lester Levenson.

Q: When is it time to stop using the questions?

Wind: At that time, you will naturally know not to ask. When you stop, you need to use the Process to operate.

Q: In *A Love Story*, Lester Levenson recalls past scenes. Is this necessary?

Wind: Using回忆 (memory) to stir up emotions is one way. But this is the elementary school way. The graduate student way is to *release the stuckness only*. Only release the feeling stuck there in the moment. Release one, then release another. When feelings of *wanting control and approval* surface, release them. Until the fear of death surfaces, you allow them to surge out, like waves surging out.

Q: This graduate student way generally doesn't bring up images, right? Because releasing is too fast. The elementary school way容易 (easily) leads to getting caught up in the story.

Wind: The graduate student way generally doesn't produce images.

===== Page 144 =====

Q: Reading the group leader's diary, it's joyful every time. I feel some轻松 (ease) and mental quiet each time, but joy hasn't come yet. And I'm very清楚 (clear) that I need to use the Release Method. But after the scheduled release time, the rest of the day, I always逃避 (escape), play with my phone, or find things to do. Is it because the surface layers haven't been cleared enough yet?

Wind: You are releasing a bit slowly. Or rather, there's still something wrong with the way you use this method.

Q: I release every day and still end up like this. I also feel something is wrong.

Q: I always demand that I have a very确定的 (certain) feeling of control and approval. Only then does my mind think it's releasing control and approval. What's going on? And what should I do?

Wind: No need for this. Just follow the Process simply.

Q: Just follow the Process simply – what is the Process?

Q: When I release, I only take the first two steps and then start burping. If I sit for two hours, I burp for two hours. Is this normal?

Wind: I shouldn't use analysis to answer your questions, because the method is experiential. No need for this. You just need to answer and then proceed. If the效果 (effect) is not good, go back to the beginning. Practice the Process once, then practice it again, until you truly master it. The more单纯 (simply) you do this, the faster you learn. A little assistance is okay. But try to keep the operation simple.

Q: Take a look at my Process – is it qualified?

Do you feel impatient? Yes. Do you want to drive away this impatient feeling? Yes. This feeling is *wanting control*. Can you let it leave? Yes. Has it left? Yes.

Wind: It's okay.

Q: I've been practicing for a while, but I don't feel明显的 (obvious) relaxation or joy. Does that mean I haven't released yet?

Wind: Just follow the Process simply.

Q: Okay. Thank you, teacher! In the video, the teacher says to feel in the chest and abdomen area. Are the three questions asked by the mind? I feel like it's the mind asking?

Wind: It is the mind asking. Of course, it's the mind asking.

Q: How does that relate to the chest and abdomen? I'm a bit迷糊 (confused).

===== Page 145 =====

Wind: Don't summarize the Process with any words. Lester Levenson never wrote a book introducing the Release Method during his lifetime. Practice with the videos. You can only learn releasing by watching others release and experiencing it with them. The chest and abdomen are the *feeling center*. The precise *feeling center* is at the heart chakra, but there are also feelings in the chest and abdomen.

Wind: The purpose of my隐居 (seclusion) is because the Release Method actually doesn't need a teacher. If I stay here answering a large number of mental questions, it反而 (on the contrary) becomes an obstacle. The method is actually very simple. When you try to交流 (communicate), you are actually trying to find a mental understanding. So I say communication is actually using the mind to mutually误导 (mislead). If you ask me, I can't give anything new. Implement the Six Steps, release continuously. The Six Steps are everything you need to know at the knowledge level.

Q: I've been practicing for a month, actually very diligently every day. But I haven't found joy. I'm thinking maybe I need to learn releasing *wants* from experienced fellow practitioners.

Wind: Better not to do that.

Q: I've watched the videos, but for those who haven't reached that level, they need a crutch to hold onto. Otherwise, some people can't even persist. Your existence at least gives them confidence.

Wind: If you haven't mastered it, use the Process again, until you master it. But if your head is filled with others' conceptualized experiences or tricks, you will go astray. So I do not recommend that people summarize their experiences into methods. Always return to the original Process.

The complete Process

First, you need to relax your body. Once you find yourself用力 (using effort) to release, you need to stop and relax your body. Do this every time you用力 (use effort). Because many people, due to past wrong habits, are used to用力 (using effort). When releasing, if you try to find a feeling, that is avoiding the current feeling. You are avoiding the current feeling 24 hours a day, 7 days a week.

Q: I only release at a scheduled time each day, and the rest of the time I always avoid releasing. I really want to change, but I can't. What should I do?

Wind: Release on it.

Q: I always want to avoid practice, what should I do?

Wind: Notice it and release. Releasing is very simple, very轻松 (easy). Releasing is not an activity that requires you to expend a lot of energy. Some people may have wrong concepts about releasing due to previous wrong practice methods.

Q: Feelings are always unclear. Then trying to find the feeling just adds thoughts.

===== Page 146 =====

Wind: Accept unclear feelings. An unclear feeling is a kind of feeling. You need to recognize this. There is no moment when you don't have a feeling. There are only moments when you don't treat a feeling as a feeling. Lester Levenson specifically mentioned this *vague feeling*. The *vague feeling* is because you are avoiding the feeling. Go feel your vagueness.

Q: Have you practiced the Release Method in all your past lives?

Wind: No. The Release Method is appearing for the first time.

Q: My biggest challenge is how to feel a *want*. Right now, I feel it with my mind or physical sensations.

Wind: When you ask yourself the questions, are they thoughts in your mind?

Q: For example, right now I ask myself: the inner失落 (loss) – is it *wanting control*? Yes.

Wind: In the stage from releasing emotions to releasing *wants*, you can trace up from emotions to *wants*. This is also the way of the course. Once you are familiar, you can directly release *wants*.

Q: When I release, I also feel energy flowing, but it's a large area flowing, not like a "whoosh" going out all at once. What's the reason?

Wind: Relax a bit more.

Q: What is everyone's progress speed directly related to? In other words, two people with similar habits practice the Release Method together. What determines the difference in their progress? Buddhism says progress speed, besides diligence, is related to the foundation cultivated in past lives, accumulated *paramis*. If one has practiced correctly in past lives, it will be faster in this life.

Wind: *willpower*. Only related to this.

Q: How to increase *willpower*?

Wind: Just be willing.

Q: What if I'm not very willing? But I know this is the right direction. How to increase willingness?

Wind: *get everything by releasing only*. As long as you have a *want*, get it through releasing.

Q: I feel very relaxed now, basically not stuck, but it's still a large area flowing. Is this still stuck?

Wind: Use the Process. Don't mind the experiences. They will change as you release. But the most basic experience of releasing is becoming lighter and happier. Choosing to identify with your infinite existence or with the body is completely free will. To release is to choose to identify with your infinite existence.

Q: *move up* = emotional energy level提升 (increases) = Sixth Step (lighter, happier, more joyful). Is this understanding correct?

Wind: Yes, every release makes you *move up*.

===== Page 147 =====

Q: When releasing, energy flows to the edge and then stops, doesn't flow out and disappear. It should be dissolving, right? Is this being stuck?

Wind: This is being stuck. In fact, if you pay too much attention to physical sensations, you will get stuck. Because *feeling* is a psychological thing. That's what you truly release. The physical sensations you experience – coolness, heat, energy dissipating, tightness becoming通畅 (clear) – those are伴随 (accompanying) the release of emotions.

Q: If I just feel the emotion, without using the Process, will the emotion automatically transform?

Wind: It will have a little effect, release a little, but far less than the power of the release Process.

Q: What is the relationship between feeling and thought? For example, asking yourself, "Do you want to accelerate your release?" This is realized by the mind, so I ask myself.

Wind: Feelings drive thoughts.

Q: So can I use thoughts to trace back to the feeling?

Wind: Wanting is a kind of feeling, a basic feeling. For example, the exercises in the workbook: Where do you want to get control from? Where do you want to get approval from? Doing these exercises is feasible.

Q: When stuck at the edge, still use the fifth step? Using the fifth step is effective when first getting stuck, but when stuck at the edge, using the fifth step has no effect. What should be done?

Wind: Pay attention to psychological feelings, not physical sensations.

Q: What does "*get everything by releasing*" mean?

Wind: Get everything you want solely through releasing.

Q: Recently, when I release, I focus on my chest and abdomen. I don't feel anything, but I know there is *wanting control* or *wanting approval*. Can this be released? Using the Sixth Step to verify, I can't verify it either.

Wind: Pay attention to your "no feeling."

Q: Every time I feel like I've released an emotion, I burp or pass gas. Is this normal?

Wind: These reactions are normal.

Q: Is it energy coming out?

Wind: Just accompanying physical sensations.

Q: What does it mean when Lester Levenson always asks you to confirm your *gain*?

===== Page 148 =====

Wind: This is confirming the role of the Sixth Step. Every release brings you a benefit. For example, after releasing a heavy emotion, you become happier. A long-standing habit released. A goal achieved. These are all gains. Record them. They provide motivation for continuous releasing. This is also a relatively important point.

Q: "No feeling" means wanting to have a feeling, right?

Wind: "No feeling" is a *vague feeling*, or a不明显 (not obvious) feeling. Consciously pay attention to your vagueness. This will bring great help.

Q: How to pay attention to this feeling? Release the *wanting control* over it?

Wind: First, notice it. Don't be so急 (anxious). If, when you go to feel, your feeling is "no feeling," at this time, don't look for another feeling. Just allow this "no feeling" to be here.

Q: At this point, I look at thoughts and then infer my *want*.

Wind: First, don't do that. First, pay attention to this "no feeling," or blank feeling. Consciously pay attention to it, until you recognize it as a feeling. "No feeling," the *vague feeling*, is just you avoiding the feeling. It's not that there really is no feeling. The first feeling you suppressed is the fear of death (*wanting to survive*). Then you developed *wanting approval and control*. They developed the nine *emotion categories*. And many, many individual feelings. When we say *feeling*, individual feelings, emotions, *wants* – all are feelings.

Q: I just observed for a while and found anxiety in this blankness. But to find the *want*, I need to trace back with my mind. I traced it back to me being anxious about not having learned to release *wanting control* yet. Is this method correct?

Wind: This method is not a problem. Continue the Process. You can also directly release this anxiety. Get familiar with releasing emotions. Many people, in the stage of releasing emotions, don't treat many emotions as emotions. For example, the *vague feeling*. They think it's no feeling. It's impossible for you to have no feeling. You are avoiding feelings 24 hours a day. You need to锻炼 (exercise) sensitivity. You can release the *want* to change this *vague feeling*. Then it will become clear.

Q: After releasing everything, completing the whole process, is there a feeling of both joy and sadness?

Wind: Only joy. If you feel sad, that's a feeling, you can release it. Joy can also be released. What happens after releasing? You become happier.

Q: I find that sometimes thoughts and feelings are not in sync. For example, in my thoughts, I think I want to control something. After failing to release it, I later discover that I actually want to change something else. But this feeling is藏 (hidden) very deep. It seems to require very deep insight.

Wind: No need. If you掺入 (mix in) other things, you will make this method highly复杂 (complicated). Then it loses its effectiveness. Don't analyze. Try to use intuition to answer those questions.

Q: If we take the state of eating as an example.

===== Page 149 =====

Wind: Try to use intuition to answer those questions. Feel your *want*. Ask yourself if it's *wanting control* or *wanting approval*?

Q: I want to eat.

Wind: Intuitively answer one.

Q: Control.

Wind: Okay, allow yourself to become more aware of this *wanting control*. Then ask yourself if you can let it leave? This process ends.

Q: If the current emotion cannot be found on the *Emotion Chart*, can I directly judge whether it's control or approval and release? Or must I find a similar expression on the *Emotion Chart*,明确 (clarify) which emotion it is, and then release?

Wind: Once you are familiar with releasing emotions, you can practice releasing *wants*. Once熟练 (proficient) at releasing *wants*, you can directly release *wants*.

Q: Is wanting a feeling of effort?

Wind: Wanting is just wanting.

Q: Is wanting a feeling of grasping?

Wind: *Wanting control* is often accompanied by a feeling of effort. *Wanting approval* is wanting to be approved by others, wanting to be understood, wanting to be praised, wanting to be loved... These concepts are already very simple, so don't analyze them. Using a series of other concepts to explain one concept is just a mental game. Language转换 (conversion) cannot bring you experience.

Q: Can you guide us in the future? It's easy to get stuck or go astray.

Wind: My guidance is always very similar. Remember the principles. All you need to complete the journey are the Six Steps. Use the original Process. In the learning阶段 (stage), you can use the workbook as a辅助 (aid). Keep it simple.

Q: What happens after releasing joy?

Wind: More joy.

Q: May I ask if Yang Dingyi is free? I've always wanted to ask but didn't dare.

Wind: Don't ask me to make such认证 (certifications). Free or not free, experience it for yourself. Ramana Maharshi is free, Lester Levenson often mentioned him, but his method is no longer applicable.

Q: Okay, allow yourself to become more aware of this *wanting control*. I don't quite understand this. Can you explain?

Wind: Just allow yourself to feel it.

===== Page 150 =====

Q: Self-inquiry, surrender, Advaita – theoretically possible, but in practice, not as efficient as the Release Method. Is this understanding correct?

Wind: Very few people on this planet can use this method. Before the Release Method emerged, *Kriya Yoga* was the fastest method. Yogananda called it the airplane path.

Q: Can this method be completely self-taught and reach the终点 (destination) without a teacher?

Wind: Of course. Currently, those who become free through the Release Method all complete it themselves. The students Lester Levenson kept by his side, teaching,反而 (on the contrary) did not become free. Because they developed dependence. This拖累 (holds back) their own progress. The Release Method is the rocket path. Yogananda left his body after seeing that Lester Levenson was about to awaken. Lester Levenson awakened in April 1952.

Q: Is the timing of awakening related to past life practice?

Wind: There are *Avatars* and *Jivanmuktas*. An *Avatar* is someone who has already attained complete freedom and descends. It's not *Surya Kriya*. It's *Kriya Yoga* from Babaji to Yogananda.

Q: Are those who awaken through the Release Method now predetermined before birth?

Wind: Awakening is a matter of completely free will. In other matters, there is no free will. Only one thing has free will: choosing to identify with your infinite existence, or identifying with your body.

Q: Religions are all in the name of liberation. Why haven't these methods originated within religious sects today?

Wind: It's not about the form of religion. Buddha and Jesus were great teachers. But after many generations of传承 (transmission), their later disciples did not accurately transmit their teachings. Lester Levenson talks about this in the videos. If you don't want freedom, even if you encounter the Release Method, you won't use it according to the Six Steps. Hale Dwoskin himself is a Release Method teacher and指导员 (instructor), but he chose to follow his beliefs, changed the simple Process, instead of releasing continuously. Then mix in a little something, mix in a little more something. Filling the mind with concepts. This replaces actual releasing to freedom. The will to want freedom is beyond karma. Anyone can make that decision at any time.

Q: Regarding thoughts and intentions, should I use the Release Method on them? Or on the feelings after thoughts and intentions arise?

Wind: The Release Method works on the *feeling* level. However, if you release from the level of *emotion categories*, clearing one *emotion category* would take hundreds or thousands of lifetimes. Releasing from the level of the three basic *wants* takes only a month. Because when you release a basic *want* once, all the emotions above it are gone. If you release thoughts, it would take hundreds of thousands of lifetimes multiplied by hundreds of thousands – this is too inefficient. The真正的 (real) Release Method releases the basic *wants*. *Wanting control*, *wanting approval*, *wanting safety/survival* (fear of death).

Q: This is what特别 (particularly) troubles me. Why do I still feel like crying after releasing a *want*? Shouldn't this emotion be gone?

Wind: Continue releasing.

===== Page 151 =====

Q: Lost a lot of money in business,产生 (generating) emotions like regret, frustration,失落 (loss), etc. Seeing behind the emotions is *wanting safety*. Then release the safety *want*. Is that correct?

Wind: Yes.

Q: I tried an experiment today. Releasing in the mind容易 (easily) uses effort. So I wrote down the problem and wrote repeatedly, filling seven or eight large sheets. Self-question and self-answer. Felt like the mind wasn't用力 (using effort) so much.

Wind: No need to write.

Q: Self-dialogue?

Wind: This also counts as changing the release process. Because the Release Method doesn't need any self-dialogue. Face one feeling at a time and release. If they all surge out at once, of course you'll lose control. So don't be急 (anxious) when releasing, relax. Release one feeling at a time.

Q: How to release a goal?

Wind: Releasing a goal is very simple: release all your feelings about the goal.

Q: Are these also control and approval?

Wind: Of course. If *wanting safety* emerges, release that. Once mastered, you only need to release three things. *Wanting control*, *wanting approval*, *wanting safety*. These cover all feelings. *Wanting safety* is underneath *wanting control and approval*.

Q: Why not directly release the *want for safety*?

Wind: You can only directly face *wanting safety* after releasing enough *wanting control and approval*. Otherwise, you will constantly want to逃避 (avoid). *Wanting control and approval* will keep surfacing.

Q: Is the material world意识 (consciousness) using energy to manifest?

Wind: The material world is just the manifestation of thoughts. All your thoughts, subconscious thoughts plus conscious thoughts. Then it becomes easier to face *wanting safety*.

Q: "Easier" in what aspect?

Wind: You won't immediately shrink back. *Wanting safety* is again the fear of death.

Q: From your高度 (perspective), any advice on children's education?

Wind: Lester Levenson gave advice.

Lester Levenson's advice:

A child should never be left to cry. It is not lung exercise. It's cruel to let a child cry without finding out what he wants and taking care of it. This taking care of the needs of children would alleviate much of their insecurity in adulthood.

Education today is a total miseducation.

===== Page 152 =====

You take an infinite being and you try to jam rote stuff into him, stifling his capacity to evolve and be creative. You're also stifling his evolution.

Do you have to teach a flower how to grow beautiful? We should have the same attitude toward a child. We should allow the child to evolve naturally, to express his inner abilities. When you look at it that way, you can see how confining our educational system is. Take the colleges. They tell you must learn to think for yourself. But if you think differently from the professors, you flunk.

In my first term in college, I was told, "Now that I'm in college, I should think for myself." So I started doing it. The first two marking periods I flunked all the subjects where I had to think for myself.

I really struggled with it, until finally I asked one of the professors if he would allow me to see the exam papers of the others who got good marks.

I read the mind discovered that they were giving him back exactly what he was telling us. Then I saw the whole picture if I thought the way he thought, I was smart; if I didn't, I was dumb, even though he told me to think for myself.

So it's not true that they want you to think for yourself; they want you to think the way they think.

After that, it was easy. kept excellent note sand made sure I always gave back the prof his ideas. With the least amount of studying, I got the best marks.

Q: Does it mean the heart has more strength to face *wanting safety*?

Wind: It can be said like that.

Q: Are the *wants* for control and approval easier to face than the *want for safety*?

Wind: Yes, because they are on the surface. Anytime, if *wanting safety* surfaces to the surface, you release it. If there are still many *wanting control and approval* on the surface, then you release *wanting control and approval*.

Q: Releasing all feelings about a goal, why is there eventually a feeling of love? What's the difference from the feeling of already having it? Does "no feeling" count as releasing all feelings? I often feel believe I have it, or好像 (as if) I've released all feelings. But I can't go further. How should I guide myself? Ask myself if I want to feel that I already have it?

Wind: Releasing is not uncomfortable, it's simple and轻松 (easy). Pure love is your infinite existence itself. After feeling that you have it, you can continue releasing. If you're stuck here, there is a feeling of stuckness. You feel this stuckness, and want to change it? Then you release this *wanting to change*. A very simple Process.

Q: What appears after releasing the stuckness? Love? Or no feeling?

===== Page 153 =====

Wind: There won't be "no feeling." Complete no feeling is *Nirvana*. Release all your feelings about the goal until the goal is achieved.

Q: "If the day is unknown, does it need to be daily? Or is goal achievement a feeling, not the day it happens?"

Wind: When you completely release on the goal, you will feel that it is already yours. Actually, at this moment, the goal has already been achieved. Completely released, you will feel complete possession, and the mind will no longer revolve around it. You will naturally let it go. Soon it will arrive. Because it has already been achieved, the material world just delays displaying it.

Q: How to release the feeling of impossibility?

Wind: The feeling of impossibility is also a feeling. Same Process. The fastest is to release the three basic *wants*. How could there be no feelings? This is the same problem. It's impossible for you to have no feelings. Unless you are already completely free, you are infinite existence. "No feeling" is also a feeling. A *vague feeling*. Just continue releasing it.

Q: This is the hardest to release.

Wind: Relax. Treat it as a simple feeling to release.

Q: Can I release the *wanting control* over this feeling of impossibility? Can this also be released?

Wind: When stuck, you can release like this.

Q: Are the *wants* for control and approval easier to face than the *want for safety*? Yes, because they are on the surface. Why are they easier to face because they are on the surface?

Wind: Because you only need to allow them to surface. Some you might not have identified. *Wanting control* is wanting things to happen your way. *Wanting approval* is wanting others to 认可 (approve of) you.

Edited by Omi 2022.06.22

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THE END.